

# Counselling Service

## Managing Day to Day

## Self-Isolation

Having a daily routine daily, things to look forward to and making healthy choices can improve your wellbeing during self isolation.

### **The Counselling Service is available for Phone Consultations**

To request a Call-Back please go to:

<https://www.maynoothuniversity.ie/node/394198/>

### **Be Proactive — What I Can do Is:**

The key to managing our mental health whilst in Lock Down and/or Self Isolation is to keep a routine.

If you work out a schedule that makes sense of your current living situation then you might find yourself looking forward to the “little things” in life we often wish he had — like time to rest; to engage in a hobby or finish a project.

Managing how we are feeling and dealing with perhaps our own, or others concerns or feelings, might require us to review our communication. This is a time for us all to try to tune into our own awareness of how we are feeling; noticing or asking how the people in our lives are coping and communicate in the best way we can to support each other.

## Connection

- ◆ Organise a get together online or a phone call, seeing a friendly face helps you feel Connected.
- ◆ Play a board game with your family, especially the younger brothers/sisters.
- ◆ Talk to your neighbour across the fence/field
- ◆ Stay connected to your Department for updates.
- ◆ Do a virtual tour of historical building.
- ◆ Sign up for a webinar.
- ◆ Organise a Study Group.
- ◆ Use this time to improve on a skill or learn a new one.



## Tips to Improve your Sleep

- ◆ Maintain a regular sleep and wake-up time 7-8 hrs
- ◆ Create a good sleep Environment
- ◆ Distract your mind. Try reading or listening to music or using relaxation techniques.
- ◆ Write it down what is on your mind may help or a to-do list
- ◆ Avoid caffeine and alcohol close to bed time .
- ◆ Avoid large meals before bedtime.
- ◆ Avoid strenuous exercise within four hours before sleep.
- ◆ Minimize light, noise, and temperature in the room.

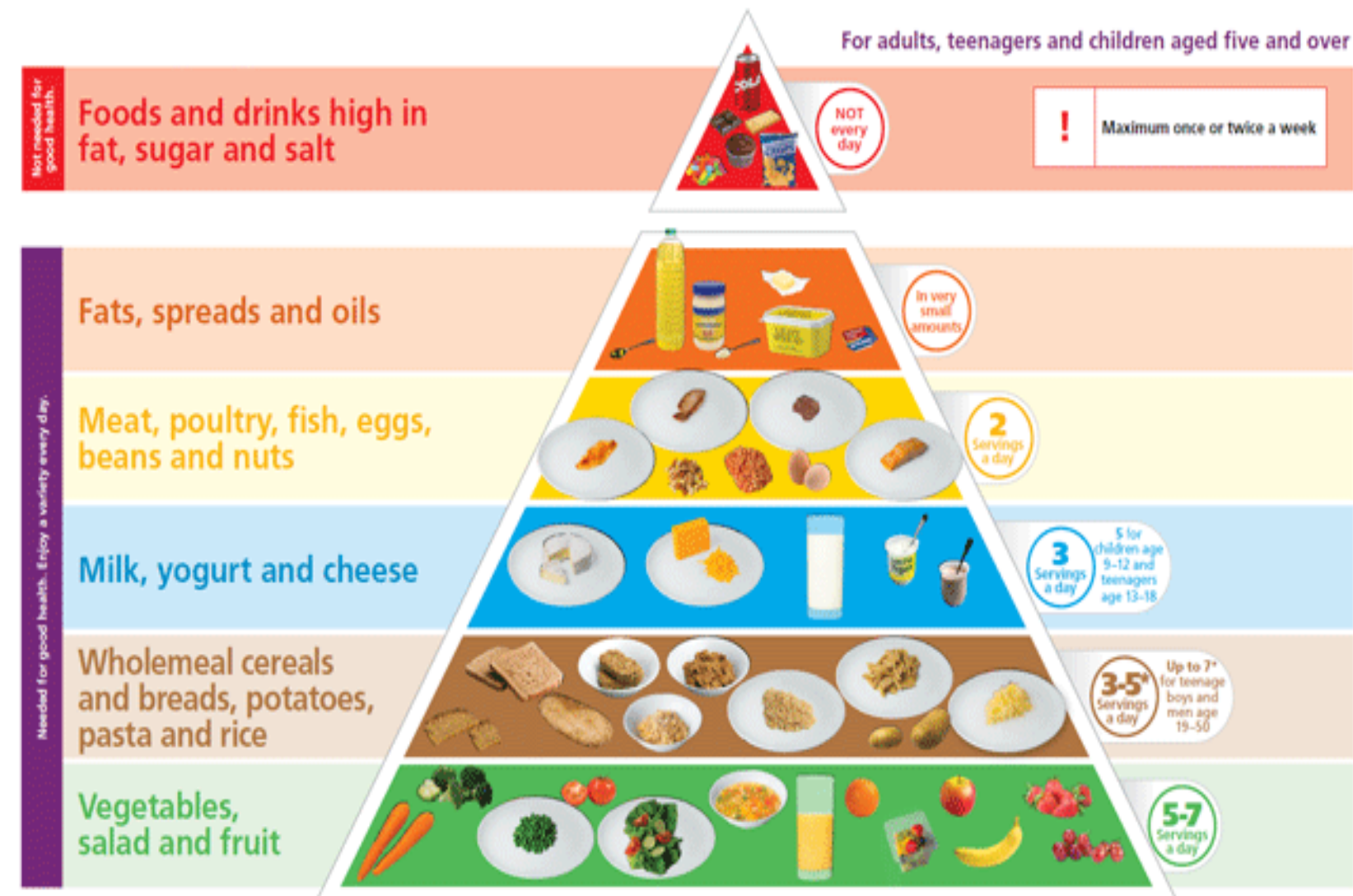


**Do Not Stay in Bed—Keep a routine—get up get dressed engage with the day.**

# Diet

- ◆ Have a look at the food pyramid and see how you are managing to balance your diet.
- ◆ Prepare or cook meals, it's cheaper and saves time so you are prepared for the next day.
- ◆ Eat more Fruit and Veg. Plan your menu for the week, avoid comfort eating.
- ◆ Try out an alternative snack to fast foods, sweets or chocolate why not opt for rice cakes, nuts, seeds or dried fruit .
- ◆ Ask a your family/ friends to show you recipes for healthy meals.
- ◆ Stop Smoking or join a support group online to quit smoking.
- ◆ Take a month off alcohol.  
Plan your menu for the week.

<https://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/Food-Pyramid-leaflet.pdf>



## Rest & Relaxation

- ◆ Listen to music.
- ◆ Reduce monitoring of News.
- ◆ Paint or draw
- ◆ Hang out with your pet
- ◆ Breathe—in for 7 out for 11
- ◆ Admire architecture/nature/art.
- ◆ Drink herbal tea
- ◆ Read a book or magazine
- ◆ Meditate/ or use Mindfulness
- ◆ Switch off from complex thinking & multi-tasking



## Exercise

- ◆ Take the Stairs as often as possible.
- ◆ Walk or cycle (mindful of no's and distance jog on the spot).
- ◆ Gardening or housework can be as physically taxing as a trip to the gym.
- ◆ Go for a walk after your dinner.
- ◆ Organise a fitness challenge to suit you (from home) with friends.
- ◆ Use an exercise app/ U-tube for home exercise.
- ◆ List any excuses you may have and notice them before you opt out.
- ◆ Tell people you are increasing your exercise—you may get the momentum going.
- ◆ Drink plenty of water