Self Care Routine

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 click on the link below:

https://www.maynoothuniversity.ie/campus-life/student-wellbeing-support/counselling

Be Proactive

What I Can do Is:

The key to managing our mental health during this period of social distancing is to maintain a healthy daily routine.

By having a schedule that makes sense of your current living situation you may find yourself looking forward to the “little things”.

In life we often wish we had more time to:

- Rest;
- Engage in a hobby;
- Finish a project;
- Tune our awareness into how we are feeling;
- Check in with others;
- Consider how we can support each other;
- Communicate in the best way we can;
- Be kind to yourself and others.

“Life is a gift. Everyday is an opportunity. Every moment a privilege”, Kristi Nelson.
Connection

- Organise a get together online;
- Make a phone call;
- Use Face Time - seeing a friendly face helps you feel connected;
- Play a board game with your family, especially the younger brothers/sisters;
- Stay connected to your Department for updates;
- 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;
- Create a good sleep environment;
- Distract your mind by reading or listening to music or using relaxation techniques;
- Writing down what’s on your mind can help - make a to-do list;
- Avoid caffeine and alcohol close to bedtime;
- Avoid large meals before bedtime;
- Avoid strenuous exercise within four hours before sleep;
- Minimize light, noise, and temperature in the room;

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 ready for the next day;
- Eat more Fruit and Veg. Plan your menu for the week, avoid comfort eating;
- Try out an alternative snack to 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 (link);
- Take a month off alcohol.

**Useful Websites:**
- [https://www.fsa.ie/faq/coronavirus.html](https://www.fsa.ie/faq/coronavirus.html)
- [https://easyfood.ie/](https://easyfood.ie/)
- [https://www.hse.ie/healthyeating](https://www.hse.ie/healthyeating)
Rest & Relaxation

- Listen to music;
- Reduce monitoring of News;
- Paint or draw;
- Spend time with your pet;
- Breathe— in for 7 out for 11;
- Appreciate nature—e.g. listen to the birds;
- Drink herbal tea;
- Read a book, a magazine or a poem;
- Meditate or use a Mindfulness App;
- Lessen the multi-tasking—do one thing at a time.

Exercise

- Be creative about the space you have—use the stairs as a workout;
- Go for a short Walk (mindful social distance and restrictions);
- Jog on the spot;
- Gardening or housework can be as physically taxing as a trip to the gym;
- 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;
- Set up a home gym;
- Keep hydrated, drink plenty of water.