



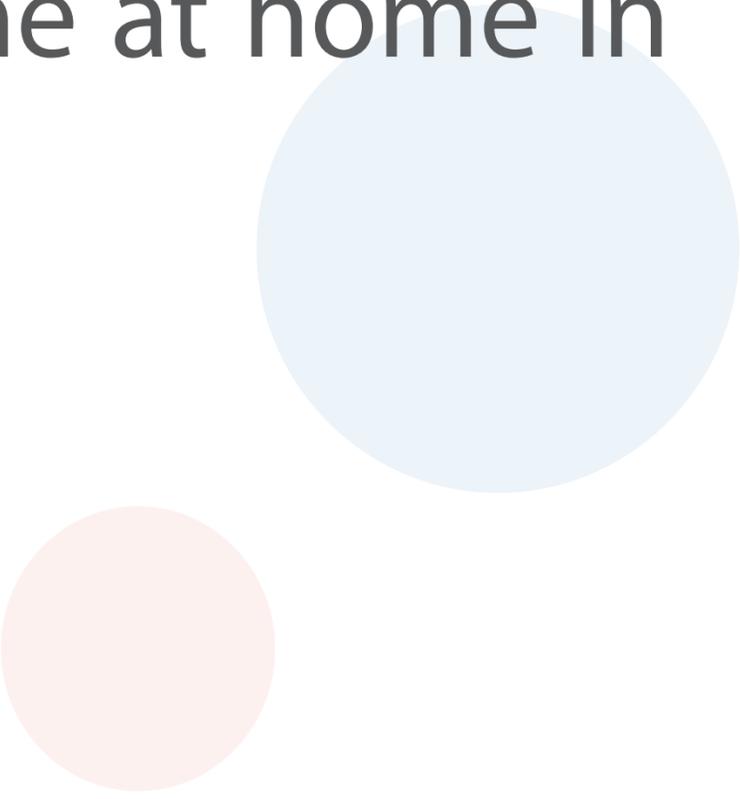
# Isle Listen

Maintaining purpose  
and positive habits



With self-isolation measures in place and schools closed it is clear to see the risks to our mental health.

We have a few tips to keep you on form whilst you may be spending more time at home in comparison to normal...





## **Make a daily plan of your time or a to-do list**

There are endless angles you can take on this...

There's nothing wrong with a few days to settle and adjust through period of change, but when this becomes a week or potentially longer, it's easy for us to feel under the weather from a lack of routine and stimulation...

Planning your time and setting small goals and tasks to complete each day is an easy way to give you some purpose and feel good about yourself. This could be anything from making your bed, tidying the house or garage, to catching up with a specific friend you may not have spoken to in a while.



## **Maintain the positive routines work / school gives you**

Although we like to complain about it, work and school gets us out of the bed in the morning and gives us a routine we all need.

It's important to keep a steady routine to maintain positive sleep habits, to not over / under indulge in food as well as to manage consumption of the media surrounding the coronavirus and its worldwide developments.

This might look like getting up and going to bed at a similar time each day, sticking to your usual mealtimes as well as mediating the time we spend on certain things such as Netflix, Social-Media, News-Sites and discussion forums.



## Rediscover a passion or try something new

So often, the pace of 21st Century life acts as a barrier to accessing some of the things that really make us happy.

Where you can, make the best of a bad situation and make the time for these activities or even learn something new.

This could be anything from cooking a meal you haven't tried before, drawing, reading, playing a musical instrument, yoga, or meditation!



*Setting small goals, having positive routines and doing the hobbies that give us satisfaction are things that are important for our wellbeing all the time, but even more so now at a time where our mental health and wellbeing could be compromised.*

*Take the time to implement some small changes if you're feeling under the weather, and build on this over the next few days and weeks to get the desired benefits whilst making the adjustments feel manageable!*

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