

Life Hacks for Managing Cabin Fever during COVID 19

1. Maintain a daily schedule- Regardless of whether you are leaving the house or not start every day with daily hygiene, exercise and a healthy breakfast. DO NOT stay in the same clothes you slept in.
2. Schedule your day- Make time for self-improvement/learning, entertainment, exercise, contacting friends and family, time in the sunshine and exploring a new activity or hobby.
3. Maintain your sleep schedule- Don't stay up until 0300 just because you can. Go to sleep and bed at your regularly scheduled times.

Common Pitfalls of being "House Bound"

Stress eating

- Plan your meals based on what you have in your cupboards
- Don't panic buy food
- Separate your meals out by at least 3-4 hours (create set meal times)
- Use a diet App to help you stay within your caloric and nutritional intake needs

Overindulging in alcohol

- Set limits on when you can have alcohol and how much (i.e.: only on Fri and Sat night and no more than 2 drinks)
- Consider making this time an alcohol free period- you might lose a few pounds as a bonus

Getting trapped in negative thought loops

- Avoid over-watching the news channels. Set a time limit (i.e.: 30 minutes in the AM and PM)
- Practice gratitude- start your day by journaling about the 3 things you are thankful for
- Lose yourself in an activity

Try some new activities:

Learn a new language (try Mango- its free for Military)

Try an online exercise class

Try your hand at writing a poem

Tour a virtual museum

Read a book that has been sitting on your shelf

Write a letter to family or friends

Bake bread

De-clutter your home

Garden

Watch all the Harry Potter movies in order

Learn a card game

Go thorough old photos and create a scrap book

Meal plan for your next shopping trip

Try out meditation

Practice yoga

Build a fort at home with your kids

Play a board game

Solve a puzzle

Research a charity and make a donation

Color in a coloring book

Do your own taxes

Learn a lot about a cause you care about

Style your hair or put on elaborate make up

Read a religious text of your choosing

Plan a future vacation

Pet, walk or brush your pet

Sing or play an instrument

Watch inspirational speakers on You Tube

Learn sign language

Go for a walk and look for signs of Spring

Write a song

Pamper yourself- masks, pedicures, etc.

Watch the Oscar winning movies

Sew on all those missing buttons

Interview your grandparents via Skype or FaceTime

Learn a new dance style via You Tube

Rearrange your furniture

Build something with Legos

Watch all the Star War movies in order

Learn how to tie a scarf in new ways

Learn origami

Spring clean