

Activities to Stay Healthy and Happy During Social Distancing

Plan a Film Night

netflixparty.com allows you to watch a film with friends and use group chat at the same time. Fan groups on Twitter and other social media platforms are asking followers to watch an agreed film at a certain time and to tweet along with their favourite parts, etc. A great way to connect with like-minded people if you can't get out

Read a Book

Reading can be a great form of escapism in times like these. Websites such as Amazon Audible (www.audible.co.uk) have lots of free books available

Home Exercises

Keeping yourself physically active can be good for your mental wellbeing too. <https://www.nhs.uk/live-well/exercise/10-minute-workouts/> has some simple workouts you can do at home, without gym equipment.

Learn a New Hobby

Finding yourself with more free time on your hands can present a great opportunity to learn a new skill or hobby. Art and craft activities and baking can be calming and good for your mental wellbeing. YouTube has some helpful online tutorials for a whole range of activities.

Get Some Fresh Air

The current advice is that getting outside is still fine. If you are well and have no symptoms, walking, running and cycling are good ways to stay active, but be mindful on the latest advice on social distancing.

Go Green Fingerted

This could be a great opportunity to get outside and make the most of your outdoor space. www.suffolkwildlifetrust.org has some great advice on how you can make your garden a better place for you and the local wildlife.

Find Something to Smile About

It's important to keep up to speed with the latest news, but don't let it take over. Balance it out with positive stories from around the World. On demand TV services and online streaming services have got a variety of comedy programmes available too.

Stay Connected

If you are unable to visit friends and family, be sure to stay in touch via the phone or internet. Spare a thought for elderly or vulnerable neighbours who may need some extra support. www.mind.org.uk has advice to help manage feelings of loneliness and how to get support.