

Move your body

You don't have to go all out with your workout regimen while stuck at home, but moving your body each day can not only help boost your mood, it may help protect against some of COVID-19's deadly complications.

Journal

Writing your thoughts in a journal can be helpful in dealing with internalised pressures, according to mental health professionals. Journaling provides you with an opportunity to make internal experiences tangible, while unpacking and shifting your thoughts.

Seek professional help

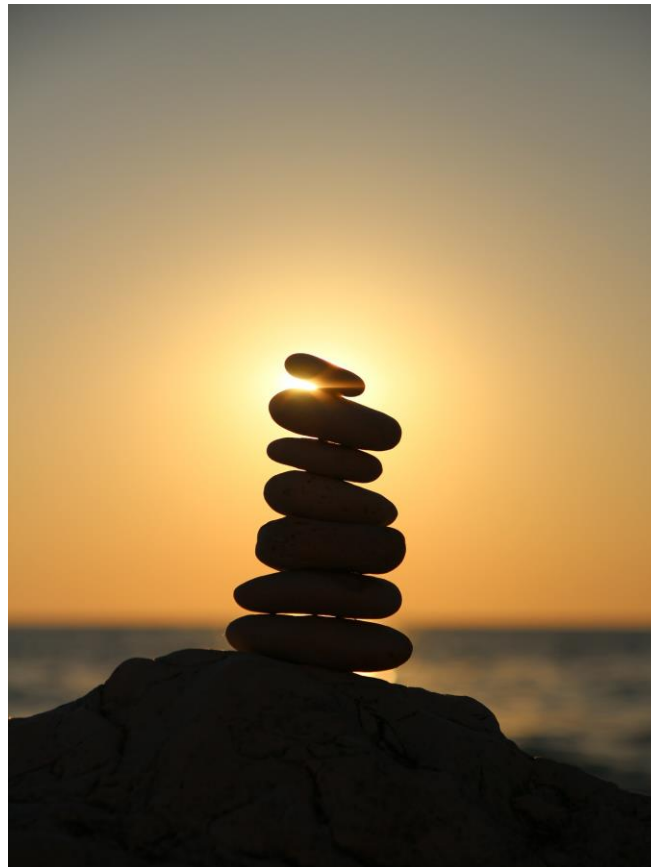
The drastic changes brought about by the COVID-19 crisis are difficult for most people to process, and if you find yourself struggling, reach out for professional help. Your family doctor is an excellent first point of contact, and can make referrals for counsellors in your area, or medication, should it be warranted.

Meditate

Research continues to show that meditation can reduce symptoms of stress, anxiety, and depression, so if you're struggling with pressure to do more during self-isolation, now is a good time to take up a meditation practice.

How to deal with the pressure to do more during self-isolation (Part 2)

Many who are self-isolating during the COVID-19 pandemic have felt pressure to use this time to be productive—learn a new language, clean the house, or bake a loaf of sourdough daily. Seeing so many social media posts about projects people are working on can make it feel like if you're not using this time to complete your own masterpiece, you're wasting an opportunity or not doing quarantine “right,” but that's just not true. Here are some tips on how to deal with the pressure to do more during self-isolation.



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Create a routine

Creating a routine can help reduce some of the pressure that comes with feeling like you should be doing more during self-isolation, essentially giving your brain the structure and security, it thrives on. Give yourself some grace with this if you really don't feel like doing something one day.

Celebrate little wins

The COVID-19 pandemic has shifted our lives in ways we could never have imagined. Our goals and plans might not make sense in this new reality, but we can still celebrate small victories. Taking time to acknowledge little daily wins boosts morale and our sense of accomplishment, while giving us momentum to take on bigger goals.

Connect with those who uplift you

Just because we're physically distancing during this time doesn't mean we need to isolate ourselves from our social networks. Call or email a friend or family member who supports you and makes you feel good about yourself for a quick morale boost.

Approach the day with kindness

Know that some days will be easy, while others are more of a struggle, and show yourself kindness and grace if you're not able to change or do things the way you want or in the timeline you want. Continue doing your best, and know that that's more than good enough for right now.

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Reframe your thoughts

Reframing negative words and thought patterns can help change our attitude about the current situation. Instead of saying: “I'm not doing enough,” you could say: “I'm doing the best I can, and I've accomplished X, Y, Z.” This type of mental exercise can quickly help improve your mood.

Step away from social media

Finally, seeing everyone else posting about how much they're accomplishing during their own period of self-isolation can make you feel bad about yourself if you aren't doing as much. Avoid the comparison trap by taking a break (for as long as you need to!) from social media.

