

Tips to cope with confinement due to COVID-19

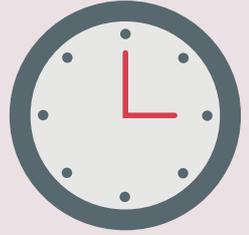
Restrictive measures taken by countries to prevent the spread of COVID-19, such as self-isolation and social distancing, will change routines for people for considerable periods of time. Here are some tips that will help you cope, in the best way possible, with confinement.

Comfortable environment



Take some time to make your home environment comfortable and relaxing, not only your physical environment, but also with things that can help you to de-stress, such as books, music or other things that can help you to occupy your time.

Keep routine



Maintaining your normal routine as much as possible, or creating a routine for yourself, can help you to stay feeling healthy and happy.

Make sure this routine during this period considers healthy habits such as diet, sleep, physical activity and free time.

Set up a home office



If you are working from home and you are able to do so, differentiate the area you use to work, and the area you use to enjoy your free time.

Don't spend the whole day in your pyjamas!



Being at home doesn't mean you can't start your day in the same way as you did before.

This can help you to feel more connected with your normal habits and with the outside world, and can improve your feelings of positivity and productivity!

Talk to your doctor



Your doctor may have suggested changes to your treatment during this time. This could be confusing and could make you question your new plan of care.

Remember those are done to safeguard you during this time when you are especially vulnerable. Talk to your doctor to stay informed and be involved in decision-making and scheduling around your treatment.

Try to stay positive!



A positive mindset can help you to feel less anxious and more in control of yourself. Try not to think about worst-case scenarios, or things that could go wrong. Follow all these steps to stay as healthy as possible during this difficult period.

Keep in touch with family and friends



Self-isolation and social distancing can feel lonely, and it is important to acknowledge this to prevent feeling isolated and disconnected from your normal life and the outside world. Scheduling video calls, regular phone calls, and maintaining contact through emails, messaging services are good ways to stay connected to your loved ones.