

# Self-Isolation Pack

## Top Tips

Adapted From: The Mental Health Foundation

### 1. Plan your day

We are all adjusting to a new, rather strange, way of life. This can be difficult for our mental wellbeing.

As tempting as it might be to stay in pyjamas all day, regular routines are essential for our identity, self-confidence and purpose.

Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection.

### 2. Move more every day

Being active reduces stress, increases energy levels, can make us more alert and help us sleep better.

Explore different ways of adding physical movement and activity to your day and find some that work best for you.

Wherever you are, there will be lots of ways to exercise and keep your body moving.

### 3. Try a relaxation technique

Relaxing and focusing on the present can help improve your mental health and lighten negative feelings.

Try some different meditation or breathing exercises to see what helps. For example, sometimes we can be so tense that we do not even remember what being relaxed feels like. Progressive muscle relaxation teaches you to recognise when you are starting to get tense and how to relax.

### 4. Connect with others

It's normal to feel lonely if we are isolated from others. Find creative ways to keep in touch with co-workers, friends, family, and others to help you (and them) feel more connected and supported.

Explore ways of connecting that work for you, whether that's by post, over the phone, social media, or video-chat. This could be anything, from sharing a cup of tea over video, playing an online game together, or simply sending a supportive text-message or letter.

### 5. Take time to reflect and practice self-compassion

Make time every day to reflect on what went well. It's important to recognise your successes and the things you are grateful for, no matter how small. Consider keeping a gratitude journal each day where you could write two or three of these things every night before you go to bed. Mindfulness techniques may also help you focus on the present rather than dwelling on unhelpful thoughts (though they may not be helpful for those experiencing more severe depression).

## 6. Improve your sleep

Feelings of uncertainty and changes to daily life may mean you have more difficulty sleeping.

There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day, even at the weekend if you can, and try to get some natural sunlight (by opening your curtains and windows) where possible. This helps to regulate your body clock which can help you sleep better.

Wind down before bed by avoiding using your phone, tablet, computer or TV for an hour before bedtime.

**(Based on guidance from the Mental Health Foundation)**

We have included some resources to you to use these top tips.





# Maintaining a Healthy Routine

Routines are still important (perhaps even more-so!) when we are self-isolating. Try to get a balance of:

- Looking after yourself
- Feeling productive
- Enjoying myself

It's still important to take care of our personal care, so make sure to shower and get ready for the day as you usually would. It can help to plan out our routine, and a template for this is provided below. Scheduling our everyday activities can give us a sense of purpose and structure, as well as help us to balance our activities.

E.g.

	Morning	Afternoon	Evening
<b>Monday</b>	Eat breakfast Exercise in my room Shower & Get Ready Dress bed	Eat lunch Call family member to check in Open window for fresh air	Eat dinner Write in journal Watch a show or listen to music that I enjoy

	Morning	Afternoon	Evening
<b>Monday</b>			
<b>Tuesday</b>			

<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

Weekly Schedule – Three Part



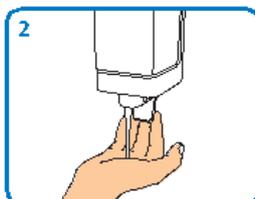
# Hand Hygiene



## Hand-washing technique with soap and water



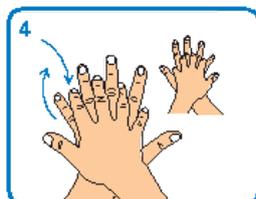
1 Wet hands with water



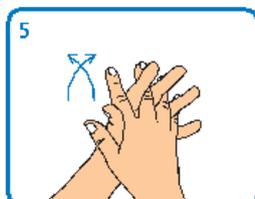
2 Apply enough soap to cover all hand surfaces



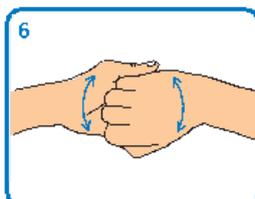
3 Rub hands palm to palm



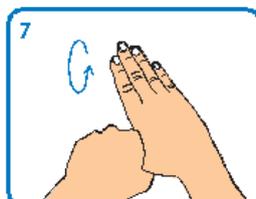
4 Rub back of each hand with palm of other hand with fingers interlaced



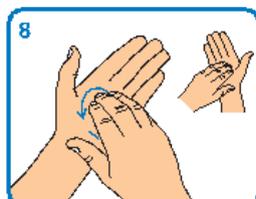
5 Rub palm to palm with fingers interlaced



6 Rub with back of fingers to opposite palms with fingers interlocked



7 Rub each thumb clasped in opposite hand using a rotational movement



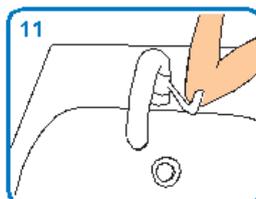
8 Rub tips of fingers in opposite palm in a circular motion



9 Rub each wrist with opposite hand



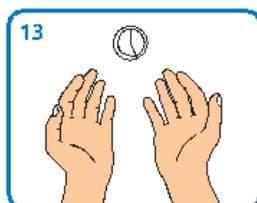
10 Rinse hands with water



11 Use elbow to turn off tap



12 Dry thoroughly with a single-use towel



13 Hand washing should take 15-30 seconds



# Looking after our Sleep



## sleep hygiene

### What is Sleep Hygiene?

'Sleep hygiene' is the term used to describe good sleep habits. Considerable research has gone into developing a set of guidelines and tips which are designed to enhance good sleeping and there is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties.

There are many medications which are used to treat insomnia, but these tend to be only effective in the short-term. Ongoing use of sleeping pills may lead to dependence and interfere with developing good sleep habits independent of medication, thereby prolonging sleep difficulties. Talk to your health professional about what is right for you, but we recommend good sleep hygiene as an important part of treating insomnia, either with other strategies such as medication or cognitive therapy or alone.

### Sleep Hygiene Tips

- 1) **Get regular.** One of the best ways to train your body to sleep well is to go to bed and get up at more or less the same time every day, even on weekends and days off! This regular rhythm will make you feel better and will give your body something to work from.
- 2) **Sleep when sleepy.** Only try to sleep when you actually feel tired or sleepy, rather than spending too much time awake in bed.
- 3) **Get up & try again.** If you haven't been able to get to sleep after about 20 minutes or more, get up and do something calming or boring until you feel sleepy, then return to bed and try again. Sit quietly on the couch with the lights off (bright light will tell your brain that it is time to wake up), or read something boring like the phone book. Avoid doing anything that is too stimulating or interesting as this will wake you up even more.
- 4) **Avoid caffeine & nicotine.** It is best to avoid consuming any caffeine (in coffee, tea, cola drinks, chocolate, and some medications) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These substances act as stimulants and interfere with the ability to fall asleep.
- 5) **Avoid alcohol.** It is also best to avoid alcohol for at least 4-6 hours before going to bed. Many people believe that alcohol is relaxing and helps them to get to sleep at first, but it actually interrupts the quality of sleep.
- 6) **Bed is for sleeping.** Try not to use your bed for anything other than sleeping and sex, so that your body comes to associate bed with sleep. If you use bed as a place to watch TV, eat, read, work on your laptop, pay bills, and other things, your body will not learn this connection.



- 7) **No naps.** It is best to avoid taking naps during the day, to make sure that you are tired at bedtime. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3pm.
- 8) **Sleep rituals.** You can develop your own rituals of things to remind your body that it is time to sleep - some people find it useful to do relaxing stretches or breathing exercises for 15 minutes before bed each night, or sit calmly with a cup of caffeine-free tea.
- 9) **Bath time.** Having a hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy as your body temperature drops again. Research shows that sleepiness is associated with a drop in body temperature.
- 10) **No clock-watching.** Many people who struggle with sleep tend to watch the clock too much. Frequently checking the clock during the night can wake you up (especially if you turn on the light to read the time) and reinforces negative thoughts such as "Oh no, look how late it is, I'll never get to sleep" or "It's so early, I have only slept for 5 hours, this is terrible".
- 11) **Use a sleep diary.** This worksheet can be a useful way of making sure you have the right facts about your sleep, rather than making assumptions. Because a diary involves watching the clock (see point 10) it is a good idea to only use it for two weeks to get an idea of what is going on and then perhaps two months down the track to see how you are progressing.
- 12) **Exercise.** Regular exercise is a good idea to help with good sleep, but try not to do strenuous exercise in the 4 hours before bedtime. Morning walks are a great way to start the day feeling refreshed!
- 13) **Eat right.** A healthy, balanced diet will help you to sleep well, but timing is important. Some people find that a very empty stomach at bedtime is distracting, so it can be useful to have a light snack, but a heavy meal soon before bed can also interrupt sleep. Some people recommend a warm glass of milk, which contains tryptophan, which acts as a natural sleep inducer.
- 14) **The right space.** It is very important that your bed and bedroom are quiet and comfortable for sleeping. A cooler room with enough blankets to stay warm is best, and make sure you have curtains or an eyemask to block out early morning light and earplugs if there is noise outside your room.
- 15) **Keep daytime routine the same.** Even if you have a bad night's sleep and are tired it is important that you try to keep your daytime activities the same as you had planned. That is, don't avoid activities because you feel tired. This can reinforce the insomnia.



This document is for information purposes only. Please refer to the full disclaimer and copyright statement available at <http://www.cci.health.wa.gov.au> regarding the information from this website before making use of such information. See website [www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au) for more handouts and resources.

# Ideas to Occupy Your Time

- Meditate
- Journaling
- Write a letter to a loved one or letter of thanks
- Make a collage or poster
- Tidy your room space
- Organise drawers / storage / handbag
- Write a poem or story
- Read a book
- Do some stretches or yoga
- Do some bodyweight exercises
- Speak to a friend or loved one
- Think about your personal goals
- Practice gratitude
- Word searches or puzzles
- Number puzzles such as sudoku
- Mindful colouring
- Quiz
- Write jokes
- Origami
- Look after skin – moisturize
- Have a pampering session
- Take care of my nails
- Dance to music
- Do a jigsaw puzzle or build something with Lego
- Make a postcard
- Practice my faith

## If you have access to a phone or computer:

- The Blurt Foundation – [www.blurtitout.org](http://www.blurtitout.org)
- MIND - <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- Headspace – Meditation app providing free sessions called ‘Weathering the Storm’
- Duolingo – Free app for learning languages
- Chatterpack – online resources for self-isolation [https://chatterpack.net/blog/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR3bXNxuJ4ikZOGdvhVkUTlpxCf-1nRy1hLx38JbV7OP8NIn0-CAwCaO\\_a8](https://chatterpack.net/blog/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR3bXNxuJ4ikZOGdvhVkUTlpxCf-1nRy1hLx38JbV7OP8NIn0-CAwCaO_a8)
- Sort your digital photos
- Research something you have always wanted to learn about
- Watch a Ted Talk
- Listen to a podcast or audiobook
- Watch a live stream from a zoo
- Complete a virtual museum tour

# Movement

**3-minute seated**  
**Yoga**

IN COLLABORATION WITH  
**NHS**  
choices

DAREBEE WORKOUT  
© darebee.com  
30 seconds each

The image displays six line-art illustrations of a person sitting on a chair, demonstrating different yoga poses. Each illustration is accompanied by a vertical label to its right. The poses are: 1. 'body fold' where the person is leaning forward with hands clasped in front of their feet. 2. 'stretch up' where the person is sitting upright with both arms extended straight up towards the ceiling. 3. 'side stretch' where the person is leaning to their right side with their right arm extended upwards. 4. 'lotus twist' where the person is sitting with their feet tucked under their buttocks and their torso twisted to the right. 5. 'lift & reach' where the person is sitting with their right leg bent and foot on the floor, and their right arm extended upwards. 6. 'half lotus' where the person is sitting with their right leg bent and foot on the floor, and their left leg bent and foot on top of the right thigh.

body fold

stretch up

side stretch

lotus twist

lift & reach

half lotus

# Gratitude Journal Prompts

Something that made you smile today

Something funny that made you laugh

Your favourite thing when you wake up in the morning

Something you are good at doing

What did you enjoy the most today?

A favourite place you like to visit

An act of kindness someone showed you

A book you are grateful for reading

What weather are you grateful for today?

Modern inventions you are thankful for

Something you take for granted

Favourite things you like about your job or work

Something you learned about recently

Someone who made a positive difference in your life

A favourite activity you enjoy doing

Day of the week – What's your favourite thing about Mondays? Fridays? The Weekend?

Favourite websites you are grateful for

Something that makes your life easier

A favourite food you enjoy

Something you use every single day

Something you appreciate in nature

Something you wear that makes you feel good {clothes, jewellery, makeup, etc.}

Something that keeps you warm

Something that helps you relax

A favourite song you love

Travel – what are you grateful for about transportation or places you have travelled to?

A recent “small success” – from getting out of bed in the morning to remembering to do something you might usually forget

Something that cheers you up on a rough day

A difficult experience that you learned from

Basic skills you learned as a child, such as learning how to tie your shoes or how to read/write

A good experience with customer service

Technology you use every single day

The best thing that happened this week

Something that helps keep you healthy

A favourite quote or saying that makes you happy

Someone who inspires you

Something you recently accomplished

Something that was a wish come true

Something that makes you unique

Favourite things about this season {winter, spring, summer, fall}

Something in your community that you are thankful for

Holidays you are thankful for

What you are grateful about your home

## Sudoku Puzzles

23/03/2020

Free Printable Sudoku Puzzles, Easy #1

### Printable Sudoku Puzzles – Easy #1

	9	6		4			3	
	5	7	8	2				
1			9			5		
		9		1				8
5								2
4				9		6		
		4			3			1
				7	9	2	6	
	2			5		9	8	

		7				9		8
	3		1	7				4
					6			
6	9	8	7	4		3		
		3		1		4		
		1		3	9	7	6	2
			4					
9				5	1		4	
4		5				1		

				9				6
				2	8	5	1	

2	9			7	4			
	1					4		

## Printable Sudoku Puzzles – Medium #1

1		8			6	4		
		6		9		8		7
5								
2	6	9	5					8
			4		9			
	8				2	7	9	1
								5
6		4		7		2		
		1	2			9		3

4		6		2				
	8		4				9	3
3				8	5			2
7		9						8
	5			7			4	
6						7		1
9			2	4				5
2	6				8		7	
				3		1		9

			2	4		6		
9								3
1					3		4	5
5	6			7		1		
		4	8		5	9		
		1		6			5	2
6	9		5					1
4								9
		8		9	6			

			7		9		2	
		9	2	1	6			5
5			8		4			
	6					4		
3	7			4			6	1
		2					5	
			9		7			3
7			3	8	5	2		
	3		4		1			

Copyright © 2020 Memory-Improvement-Tips.com

Cookies help us deliver our services. By using our services, you agree to our use of cookies. [Learn more.](#)

Got it!

## Printable Sudoku Puzzles – Hard #1

					8		6
4		5	6	9			1
		9			2	4	
5					3		8
		7	8		9	6	
	9		2				3
		4	7			1	
	6			4	1	7	8
7		3					

		8			7		
5						7	1
9	2		1				3
			8	7	2		5
		9				3	
1			9	5	3		
3	7				9		4
2		6					9
			7			2	

		4	2		8	6	
				9			5
	8			4			1
	6				9	5	
		9	7	6	5	8	
		5	4				6
6	4			2			5
3				8			
		2	3		6	1	

9		5			1		
4		3	9				5
	8		7	5			
	5	1					3
8	4						7
6						1	8
				9	6		1
	9				3	8	7
			1			5	9

Copyright © 2020 Memory-Improvement-Tips.com

Cookies help us deliver our services. By using our services, you agree to our use of cookies. [Learn more.](#)

## Word search

## Miscellaneous Words

T P N W K R A P N O W Y E H T X L P O F F K O D D A O E

# Relaxation Exercises

## Mindful Breathing

The primary goal of mindful breathing is simply a calm, non-judging awareness, allowing thoughts and feelings to come and go without getting caught up in them.



- ❖ Sit comfortably, with your eyes closed and your spine reasonably straight.
- ❖ Bring your attention to your breathing.
- ❖ Imagine that you have a balloon in your tummy. Every time you breathe in, the balloon inflates. Each time you breathe out, the balloon deflates. Notice the sensations in your abdomen as the balloon inflates and deflates. Your abdomen rising with the in-breath, and falling with the out-breath.
- ❖ Thoughts will come into your mind, and that's okay, because that's just what the human mind does. Simply notice those thoughts, then bring your attention back to your breathing.
- ❖ Likewise, you can notice sounds, physical feelings, and emotions, and again, just bring your attention back to your breathing.
- ❖ You don't have to follow those thoughts or feelings, don't judge yourself for having them, or analyse them in any way. It's okay for the thoughts to be there. Just notice those thoughts, and let them drift on by, bringing your attention back to your breathing.
- ❖ Whenever you notice that your attention has drifted off and is becoming caught up in thoughts or feelings, simply note that the attention has drifted, and then gently bring the attention back to your breathing.

It's okay and natural for thoughts to enter into your awareness, and for your attention to follow them. No matter how many times this happens, just keep bringing your attention back to your breathing.

# progressive muscle relaxation

One of the body's reactions to fear and anxiety is muscle tension. This can result in feeling "tense", or can lead to muscle aches and pains, as well as leaving some people feeling exhausted. Think about how you respond to anxiety. Do you "tense up" when you're feeling anxious? Muscle relaxation can be particularly helpful in cases where anxiety is especially associated to muscle tension. This information sheet will guide you through a common form of relaxation designed to reduce muscle tension.

## Muscle tension

Muscle tension is commonly associated with stress, anxiety and fear as part of a process that helps our bodies prepare for potentially dangerous situations. Even though some of those situations may not actually be dangerous, our bodies respond in the same way. Sometimes we don't even notice how our muscles become tense, but perhaps you clench your teeth slightly so your jaw feels tight, or maybe your shoulders become tense. Muscle tension can also be associated with backaches and tension headaches.

## Progressive Muscle Relaxation

One method of reducing muscle tension that people have found helpful is through a technique called Progressive Muscle Relaxation (PMR). In progressive muscle relaxation exercises, you tense up particular muscles and then relax them, and then you practise this technique consistently.

### preparing for relaxation

When you are beginning to practise progressive muscle relaxation exercises keep in mind the following points:

- ✓ **Physical injuries** If you have any injuries, or a history of physical problems that may cause muscle pain, always consult your doctor before you start.
- ✓ **Select your surroundings** Minimise the distraction to your five senses. Such as turning off the TV and radio, and using soft lighting.
- ✓ **Make yourself comfortable** Use a chair that comfortably seats your body, including your head. Wear loose clothing, and take off your shoes.
- ✓ **Internal mechanics** Avoid practising after big heavy meals and do not practice after consuming any intoxicants, such as alcohol.

### general procedure

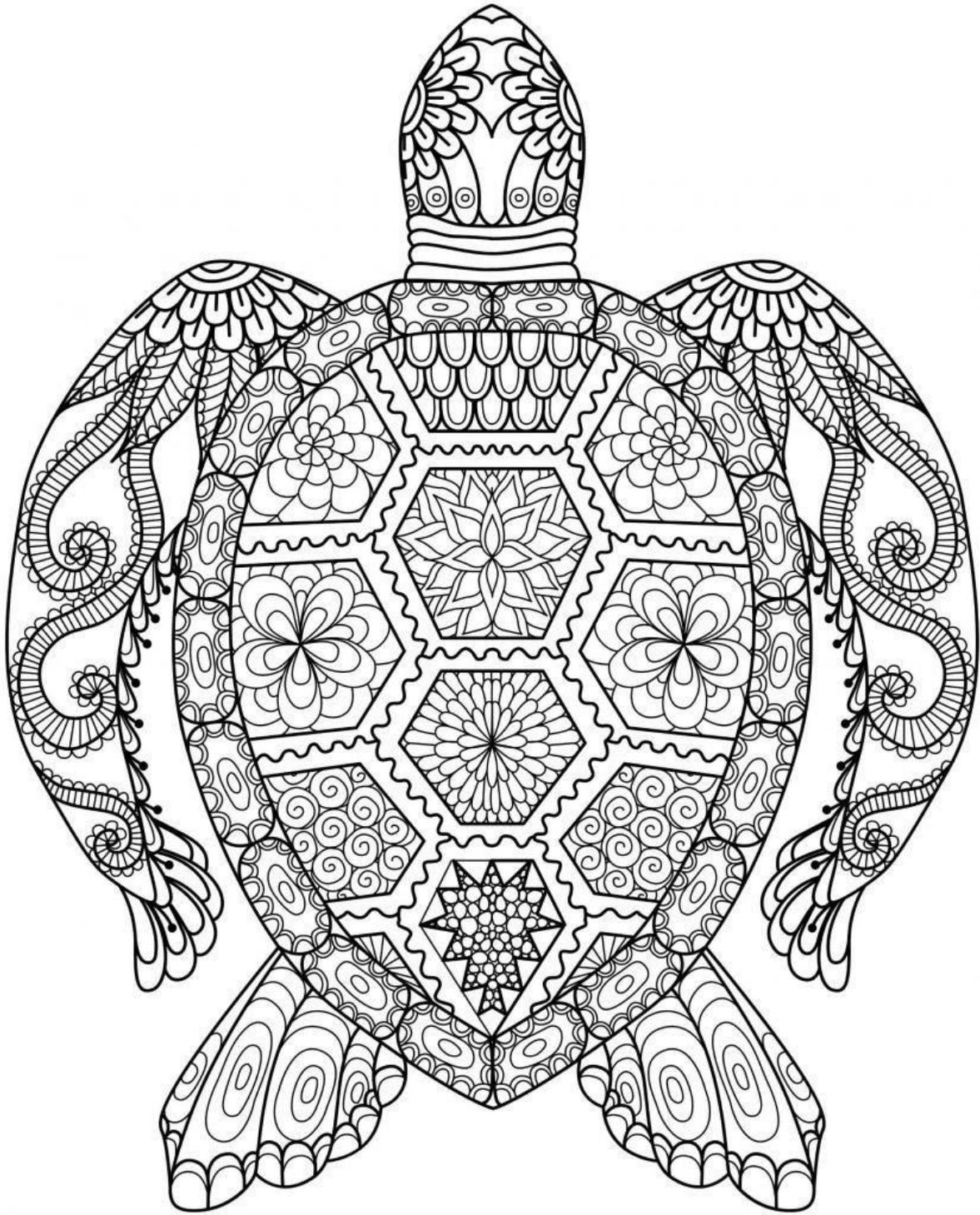
- 1 Once you've set aside the time and place for relaxation, slow down your breathing and give yourself permission to relax.
- 2 When you are ready to begin, tense the muscle group described. Make sure you can feel the tension, but not so much that you feel a great deal of pain. Keep the muscle tensed for approximately 5 seconds.
- 3 Relax the muscles and keep it relaxed for approximately 10 seconds. It may be helpful to say something like "Relax" as you relax the muscle.
- 4 When you have finished the relaxation procedure, remain seated for a few moments allowing yourself to become alert.

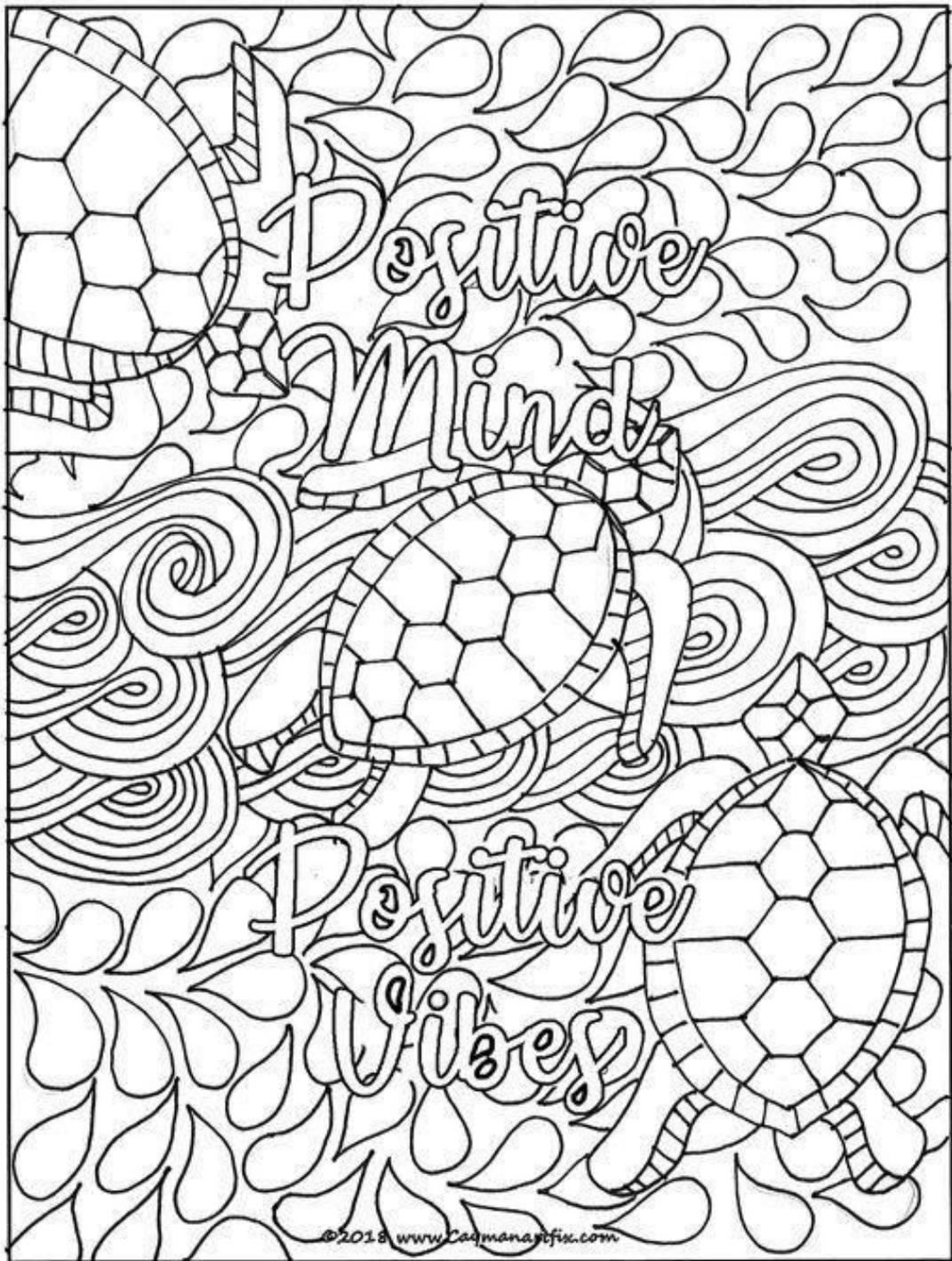
## Relaxation sequence

1. **Right hand and forearm.** Make a fist with your right hand.
2. **Right upper arm.** Bring your right forearm up to your shoulder to "make a muscle".
3. **Left hand and forearm.**
4. **Left upper arm.**
5. **Forehead.** Raise your eyebrows as high as they will go, as though you were surprised by something.
6. **Eyes and cheeks.** Squeeze your eyes tight shut.
7. **Mouth and jaw.** Open your mouth as wide as you can, as you might when you're yawning.
8. **Neck !!!** Be careful as you tense these muscles. Face forward and then pull your head back slowly, as though you are looking up to the ceiling.
9. **Shoulders.** Tense the muscles in your shoulders as you bring your shoulders up towards your ears.
10. **Shoulder blades/Back.** Push your shoulder blades back, trying to almost touch them together, so that your chest is pushed forward.
11. **Chest and stomach.** Breathe in deeply, filling up your lungs and chest with air.
12. **Hips and buttocks.** Squeeze your buttock muscles.
13. **Right upper leg.** Tighten your right thigh.
14. **Right lower leg. !!!** Do this slowly and carefully to avoid cramps. Pull your toes towards you to stretch the calf muscle.
15. **Right foot.** Curl your toes downwards.
16. **Left upper leg.** Repeat as for right upper leg.
17. **Left lower leg.** Repeat as for right lower leg.
18. **Left foot.** Repeat as for right foot.

**Practice means progress** Only through practice can you become more aware of your muscles, how they respond with tension, and how you can relax them. Training your body to respond differently to stress is like any training - practising consistently is the key.

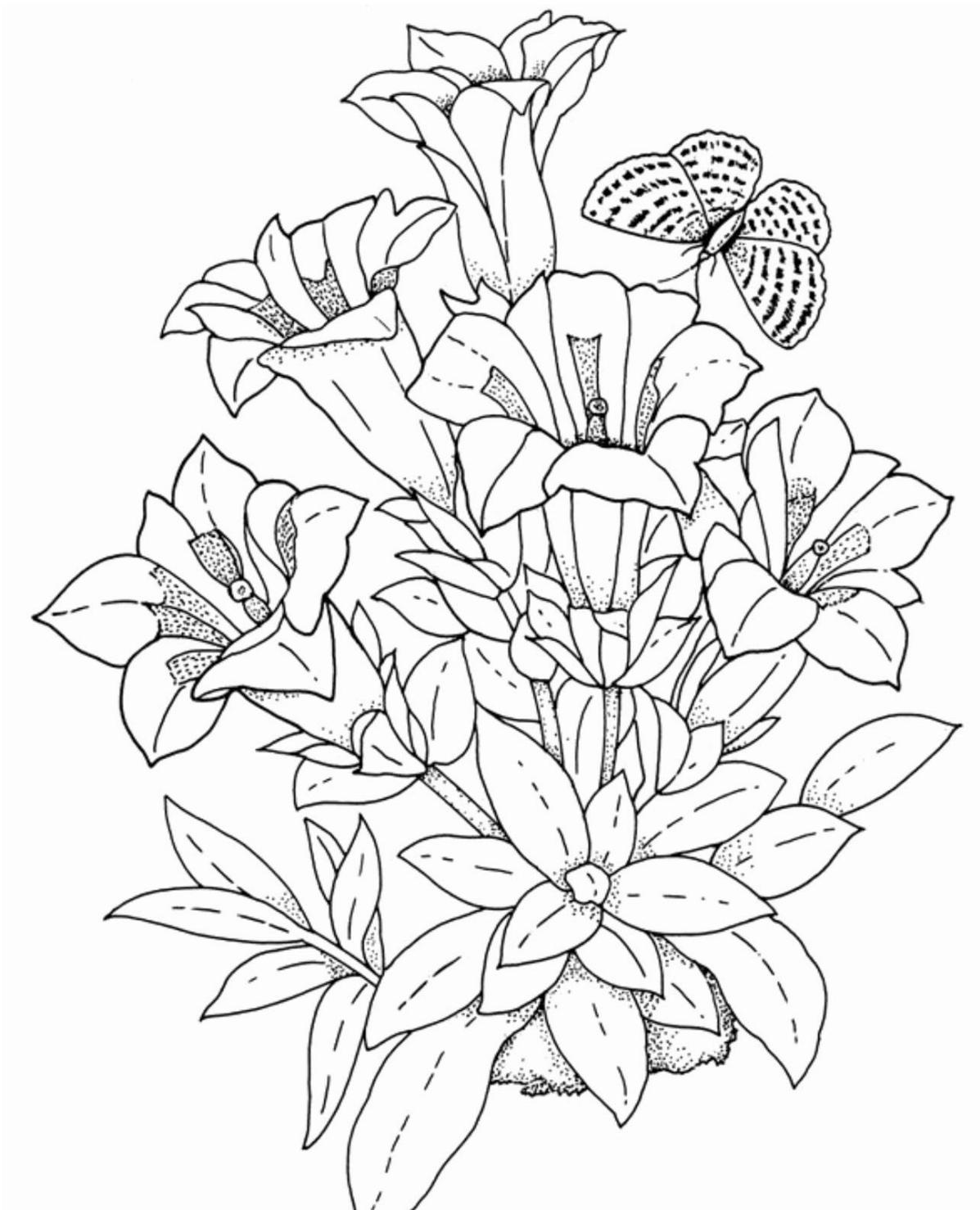
# Colouring Sheets





Jing

Beach



# Quiz

1. In which country is Mount Vesuvius located?
2. What part of a horse would you examine to tell its age?
3. What was the surname of Juliet in Shakespeare's Romeo and Juliet?
4. Who wrote the famous musical entitled 'Oliver'?
5. Which fairy tale character slept for 100 years?
6. What is the biggest spider in the world?
7. In which country was the first car radio made?
8. Who invented the microphone?
9. What was David and Victoria Beckham's first child named?
10. How many years was Nelson Mandela imprisoned for?
11. Which sport is known as the Sport of Kings?
12. How many keys does a standard full size piano have?
13. Which famous British castle is an anagram of 'in sword'?
14. Which rock band did Brian May belong to?
15. In which year was the film 'Casablanca' released?
16. Which musical instrument is James Galway famous for playing?
17. What type of creature is a Queen Alexandra's Birdwing?
18. Which English scientist invented the electric light?
19. During which year was J.F. Kennedy shot?
20. Which sport is mintonette now known as?

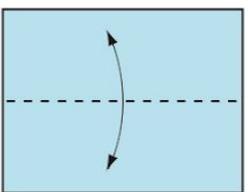
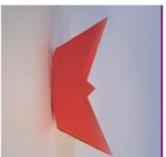
ANSWERS

1. Italy
2. The teeth
3. Capulet
4. Bart
5. Sleeping Beauty
6. Goliath bird eater
7. The USA
8. Emile Berliner
9. Brooklyn
- 10.27 years
- 11.Horse racing
- 12.Eighty-eight (88)
- 13.Windsor
- 14.Queen
- 15.1942
- 16.The flute
- 17.A butterfly
- 18.Humphry Davy
- 19.1963
- 20.Volleyball

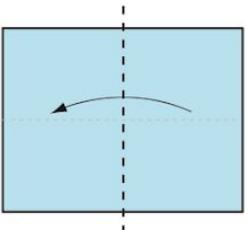
# Origami

## Origami Boat Instructions

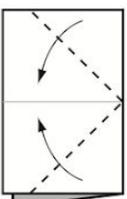
origami-fun  
www.origami-fun.com



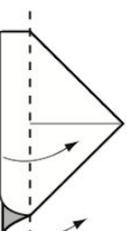
1. Start with a rectangular piece of paper, coloured side up. Fold in half, then open.



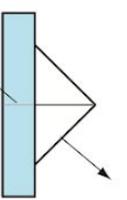
2. Fold in half downwards.



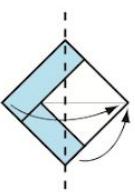
3. Bring corners in to centre line.



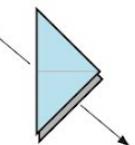
4. Fold uppermost layer upwards & do the same to the back. Crease well.



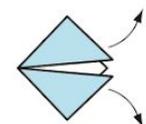
5. Pull the sides out and flatten.



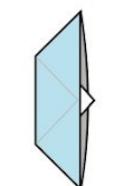
6. Fold front layer up to top, then do the same at the back.



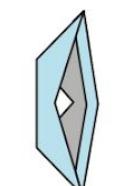
7. Pull the sides apart and flatten.



8. Gently pull the top parts of the model outwards, making a boat shape.



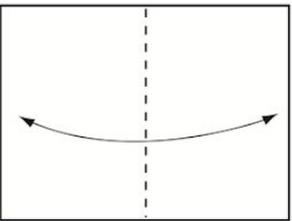
9. Flatten well to create all folds. Then open out slightly, forming a boat shape. Finished Boat.



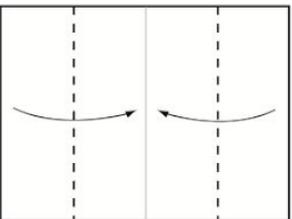


## Origami Traditional Box

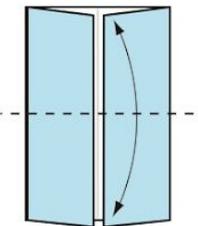
origami-fun  
[www.origami-fun.com](http://www.origami-fun.com)



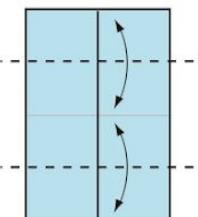
1. Start with a rectangular piece of paper, write side up. Fold in half, crease and open.



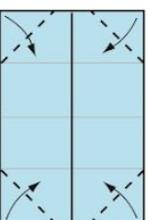
2. Fold top and bottom in to the centre crease.



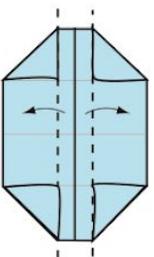
3. Fold in half, crease and open.



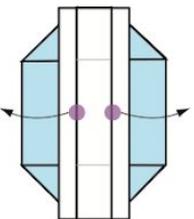
4. Fold outside edges in to the centre line and open.



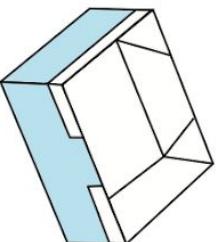
5. Fold each corner in to the creases made in the previous step.



6. Take the inside edges and fold them outwards over the corner triangles. Crease well.



7. Grip the model at points shown and open outwards. The box will form itself. You can pinch the corners to make it more rectangular.



Finished Traditional Box.