

## Hints and tips for those in isolation on Norfolk Island

Going into self-isolation or quarantine may feel daunting or overwhelming. We have compiled a list of hints and tips to assist your health and wellbeing.

### Self-care ideas

Self-care is important at the best of times, but if you're feeling overwhelmed or stressed at present it becomes even more important. Here are some self-care ideas (from ReachOut.com):

- Stay active
- Take 10 to be Zen (practice mindfulness)
- Chat with your mates via phone, chat, email, or video conferencing
- Make a homemade meal
- Try making some crafty items or take on a project in your garden (many local business will deliver items you need, just ask)
- Take a break from the news
- Make a music playlist
- Declutter for five minutes or more
- Watch or read something uplifting
- Set up a daily routine. Plan activities that are fun (such as reading, watching movies, hobbies) and that give you a sense of achievement (such as cleaning, completing work tasks, learning a new skill).

### Healthy eating

Eat a healthy balanced diet with lots of fresh fruit and vegetables – keep ultra-processed foods (eg biscuits, muesli bars, and sugary cereals) to a minimum.

- Plan your meals and prepare a shopping list
- Keep hydrated – water preferably
- Batch cook
- Have some canned legumes available
- Tin tomatoes to the rescue - They are a good source of Vitamin C and lycopene, a natural antioxidant
- Frozen vegetables make great soups
- Choose fish - aim for at least one fish meal each week
- Eggcellent eggs - eggs are one of the most versatile and nutritious foods available
- Food safety is important – especially if someone in your household is unwell

For more information check out <https://tinyurl.com/y3ttsr2q>

## Keeping physically active

Exercise and Sport Science Australia (ESSA) have published some videos showing a range of workouts that you can do in the safety of your own home, check out:

<https://exerciseright.com.au/homeworkouts/>

Tips for staying fit and healthy in isolation (from Queensland Health website Boost your Healthy:

<https://hw.qld.gov.au/boostyourhealthy/> )

<https://www.youtube.com/watch?v=8eqpSOzpe-w&feature=youtu.be>

## Manage your alcohol intake

Levels of anxiety often increase the day after drinking alcohol. If you're already feeling anxious about being in isolation then it's best to limit the amount of alcohol you consume to no more than two standard drinks per day. Instead you might want to try other activities that can reduce stress and anxiety, such as connecting with friends and family online, exercising or meditating.

The quality of your sleep can be reduced when you drink alcohol. This becomes more likely the more alcohol you consume. To make sure you get a goodnight's rest try not to have more than two standard drinks on any day that you're drinking.

## Learn or Upskill

There are a range of free or low cost online courses available, such as:

- Learn and new language using an App, such as [Duolingo](#)
- Try a free online course from [Udemy](#) or [Skillshare](#)
- Take an online University course, [edX](#) has more than 2500 courses from 140 institutions
- Learn to dance online at [Sydney Dance Company](#)
- Learn more about Norfolk history, culture, language, cooking etc from the great [Norfolk Navigator website](#)

## Access support

If you're feeling overwhelmed there are ways you can access support. Refer to the Directory of Mental Health and Wellbeing Support Available in Response to COVID19 Pandemic available on the NIHRACS website [www.norfolkislandhealth.gov.nf](http://www.norfolkislandhealth.gov.nf)