**Making Self Isolation Work for You**

1. Set up structure - a routine is important for structure and purpose to your day
2. Create balance with a mix of productive, rest and leisure activities
3. Set daily goals to have purpose and achievement with activities
4. Identify what makes you feel low and try to avoid this
5. Keep active - take regular movement breaks
6. Connect with others - talking, using phone…
7. Eat well and sleep well