

Thrive Guide



Ideas to keep you emotionally, mentally, and physically well during this isolating period.

Looking after yourself means looking after the whole of you. These are some areas to focus on to help you to do that. Self-care, having fun, being creative, learn something or teach something, exercise, spiritual, emotional, and mindful, and giving and being purposeful.

A **Self-care** activity is something that does not necessarily benefit anyone else.

Listen to music, sing, journal, read something fun, a bubble bath, massage own arms and legs and lower back, soak feet, laugh.

Fun Games and entertainment

Card games, board games, Jigsaws and puzzles, books.

Homemade games – hand ping pong/ handball/ basketball/badminton (scrunched up piece of paper to form a ball) Charades, I-spy, hide and seek

Movie night - make popcorn, play a DVD movie with the previews, and turn down the lights (Shh people – even if on your own!)

Have a fancy restaurant dinner, set up a table with your best table ware and dress up, have a restaurant deliver a meal, light candles, put on relaxing music, and have a ‘dinner out’.

Be creative or learn how

Make something – sew, knit, calligraphy, mosaic, garden (or indoors pot plants), cook, bake, draw, paint, write a story, an article for the newspaper, a ‘how to’ guide, a poem or a haiku, start your genealogy, organise your photos into albums, play music, write some lyrics (or re-write a familiar song lyric with your own funny lyrics), try to write a joke or tell one.

Learn something new or teach something

Learn a language – from books or tapes or watch SBS news with the subtitles, make a goal to at least say hello, goodbye, and thank you in a variety of languages.

Learn the countries of the world and their flags.

A magic trick or how to juggle.

How to dance a variety of styles, the Nutbush to the waltz

A new skill, car maintenance, woodwork, read a 'how to' book, follow through a better homes and gardens project

An instrument - a lot of people have a guitar or keyboard or penny whistle or harmonica or ukulele somewhere with good intentions of learning one day – now is the time to give it a go.

A school subject, a new work skill, how to write a program, or touch type.

Exercise

Stretching, especially if working from home at an unfamiliar desk

Walk around the block, up your nearest hill, or around a lake/pond

Use a resistance band (they usually come with instructions)

Old DVD on Pilates, aerobics, Jane Fonda?

Do you have steps? challenge yourself to do them more often than you need to.

Sport, jogging, bicycle, skipping (with or without rope - well that's just jumping!), get your heart rate up,

Spiritual, mindful, emotional this does not need to be religious

Taking time to be in the moment.

Be in nature, bird watching, examining the colourful changing leaves, the curves of the eucalyptus as they shed their outer skin, the play of shadow and light, the rustle of leaves, feel the breeze on your skin.

Find somewhere to be quiet and close your eyes, concentrate on your breathing, and try to clear your mind noting things that pop up and let them float away.

Be kind to yourself, acknowledge something you have achieved (getting up to face another day can be a great achievement if you are feeling low), and be grateful for something no matter how small.

Giving and being purposeful

Volunteer your skills or your support. Donate something. Do something for someone else. It's a nice thing to do and it will make you feel good.

Do a random act of kindness (it is a whole movement).

Reach out, call someone, or write a letter.

Smile at someone.

Help your neighbour with shopping.

Pick up litter when you walk around the block.

Feed the birds off your balcony or at your front door.

Offer to walk someone's dog who might be in isolation or ill or incapacitated in some way.

Mow someone's grass.

Knit someone a jumper, crochet a blanket, sew an item of clothing.

Loan (or give) someone a book, DVD, CD.

Give a care package to someone, or leave a chocolate bar for a neighbour, or a flower from your garden.