

THIS WAY UP ↑↑

Helping You Take Care of Your Mental Health

Guide for Keeping Active Through Self-Isolation



Keeping Active Through Self-Isolation

Keeping active is important for staying healthy, but when you are self-isolating, exercising the way you normally do can be a challenge, if not impossible. Self-isolation can also cause additional stress and impact your mental wellbeing.

Staying active can help to keep both your mind and body healthy. Physical activity and relaxation techniques can be valuable tools to help you cope during this difficult time.

There are plenty of ways you can exercise whilst self isolating.

Here are some tips to help you stay active



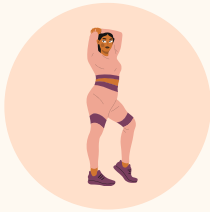
Take regular breaks. Short bouts of physical activity will add up and help to avoid prolonged still postures that aren't helpful. Use a timer to remind you to move every 30 minutes - we can easily get lost in our work or binge watching TV. Start the morning with physical activity in your routine so you can get a dose of feel good chemicals (e.g. endorphins). It doesn't matter what the exercise is, just choose the exercise that you enjoy. We have suggested exercises on page 4 or you could include some household chores to be active every day.



Make your space your movement station. You don't need special gym equipment or area to get a workout. Use common items such as cans or bottles in the pantry or cupboards as your weights. The kitchen bench, dining table or work desk can be used to do some tricep dips or push ups or to give you some extra balance as you do legs swings, lunges or squats.



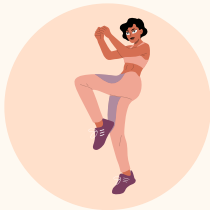
Use your own bodyweight. Home based strength exercises that utilise your own bodyweight - such as wall sits, tricep dips, sit-ups and planks - are as important for health as aerobic exercise, such as doing steps, star jumps or burpees. Try to schedule in some strength exercises a few times a week.



Stand up and get walking. Even in small spaces, walking around or walking on the spot, can help you remain active. If you have a call, stand or walk around your space while you speak, instead of sitting down. Consider setting up a standing desk for part of the day by using a high table or stacking a pile of books or other materials, to continue using your computer while standing. Think about changing your position regularly throughout the day.



Follow an **online exercise class** or download an App. Take advantage of the abundance of online exercise classes or find a movement App that you enjoy. These are a great way to get some guidance and motivation to move, and to keep your exercise interesting.



Dance isolation away. Dancing is a great aerobic exercise and can help with your mood while you are in self-isolation. Whatever the genre is that moves you, turn up the volume and turn your isolation space into a little dance hall.



Explore **slow and gentle movement.** Exercise such as yoga or tai chi have been shown to help with physical and mental health. You don't need any special equipment and you can adapt the moves to suit you.



Connect with **positive feelings** through movement. Use movement as a time to relax and get away for awhile. Try playing your favourite soundtrack that lifts your spirits or play background music that helps to calm or take you to the place that you love, (e.g., you could play the sound of the waves if going to the beach is your favourite thing to do). Incorporate some relaxation techniques into your daily practice of movement to help keep you calm and improve your capacity to cope with isolation.

Click and Move!

Take a look at our evidence-based exercise and relaxation videos. Click on 7-8 exercises and relaxation techniques to practice at home on a daily basis. You can swap and choose whichever exercise suits you.

FLEXIBILITY

[Lumbar spine rotation](#)

[Lumbar spine flexion](#)

[Back extension](#)

[Table stretch](#)

[Hip flexor](#)

[Chest stretch](#)

Achieved:

RELAXATION

[Hot air balloon breathing exercise](#)

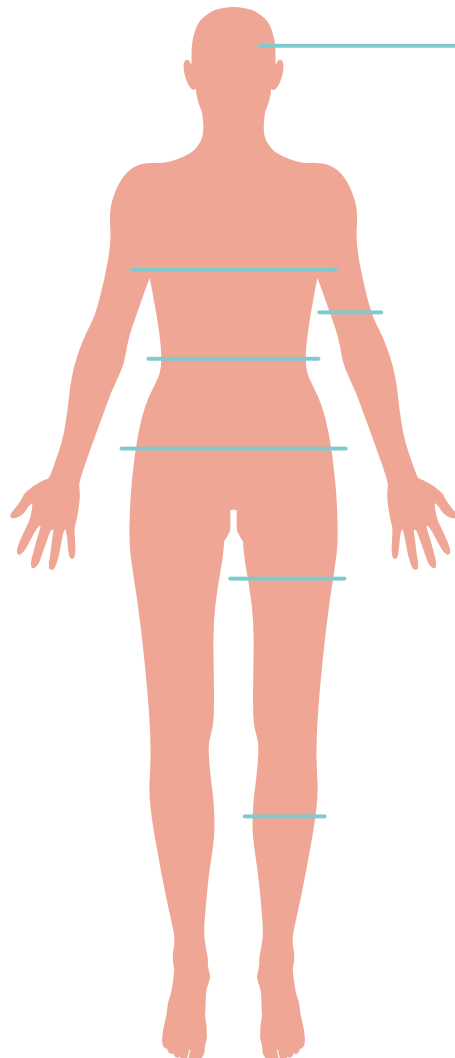
[Deep breathing](#)

[Awareness shuttling](#)

[Slow breathing](#)

[Tai Chi](#)

Achieved:



STRENGTH

[Bicep curls](#)

[Deltoid raise](#)

[Chest press](#)

[Side step](#)

[¼ or ½ Squat](#)

[Lunge](#)

Achieved:

STABILITY

[Bridge](#)

[Butt squeeze with arm/leg lift](#)

[Four point kneeling, arm/leg lift](#)

[Single leg stand](#)

[Plank](#)

Achieved:



To access additional tools for coping with stress and anxiety during COVID-19, please visit our website.

<https://thiswayup.org.au/covid-19/>



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Warning: This guidance is intended for people in self-isolation without any symptoms or diagnosis of acute respiratory illness. It should not replace medical guidance in case of any health condition