

# Quarantine Routine during COVID-19

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**DO nothing** = Not commuting to work allows for an expanded sleeping regimen. Since you're at home, feel free to take that mid-afternoon nap, if it helps with productivity. Shoot for 10 hours of rest per day.

**DO something** = Exercise is critical, especially when it's easy to fall into a life of sloth on the couch. Find activities that get the blood flowing, and keep your motor skills sharp. Try multiple short sessions.

**Learn** = There is no better time than now to develop a new skill set. With the internet at your fingertips, even when isolated, simply pick a topic of interest, and start studying.

**Lounge** = Go ahead and watch your favorite TV show, or read that lengthy novel. It's hard to separate work time from relaxing when you're always at home. Resist the temptation to always be turned on.

**watch YOUR VICIES** = It's easy to get stuck in a rut, leading to a downward spiraling of junk food snacks, heavy drinking, or general despair. Make sure to monitor these items, and set guidelines if necessary.

**satisfy YOUR VICIES** = Online shopping, Netflix binging, dark chocolate. We all have indulgences that make us happy; make sure to feed these needs, in moderation of course.

**CONNECT WITH others** = Call or Zoom your family, friends, even strangers. Everyone is in the same boat right now, searching for belonging and socialization, so don't be afraid to reach out to others.

**CONNECT WITH yourself** = Meditation, music, cooking, a warm bubble bath. Find the simple activities which help you relax in these stressful times. Shed the cellphone for a few hours, and enjoy real life.

**SELF loathing** = Why did I get COVID-19? Who might I have infected? When will this pandemic end? These questions are inevitable, so must be addressed through rational thought if you want to stay sane.

**SELF help** = Mental health is critical right now. Find creative ways to keep the mind and body engaged, even if you're couped up. Establishing a daily routine can provide an element of normalcy.

**survIVE** = Whether you are 8 or 80, no one likes to be sick, or risk death. If you do get ill, make sure to take care of yourself, and follow suggested medical protocols. Safety first please.

**thrIVE** = How has the pandemic experience changed your life outlook? What could you do differently in light of the new societal landscape? Come up with goals for the future, and go for them.