

The s of Social Isolation

26 Tips to Survive Social Isolation and emerge from this as a better Human Being!



Act Responsibly.

We're all relying on each other to get through these challenging and unprecedented times. Step up and take charge of your actions – for your family and friends, your community and your country.



Be Creative.

This is a time of change and adaptation for all of us. Our day-to-day routines have been flipped upside down, our habits halted and our personal coping strategies disrupted. It's time to get creative in our "problem solving" capacity. Think of new and innovative ways to continue with life... it does go on ya know!



Connect with your Community.

We now have time and the need to connect with each other - but choose your "community" wisely. Interact with people who build you up and make you feel "rich". Cherish them. Cultivate these relationships. Phone them. Email them. Facetime time. Communicate openly. Show that you care.



Do What's Necessary and Do It Well!

Follow the guidelines of your local Department of Health or Public Health Authority. Practice good hygiene. Stay at home. Rethink social interactions and if you absolutely must go out into the public, practice "social distancing".

(and others)



Educate Yourself Responsibly.

Find reliable sources of information to keep you up-to-date and educated on what's going on around you. Don't consume, engage or contribute in the spread of misinformation and hysteria.



Fun! Have Fun. Lots and lots of fun.

Amidst the challenges, wherever you can, whenever you can, have fun! Play games. Have dance parties. Sing songs. Be an example to the children who are floundering to understand what the hell is going on around them by lightening the mood and having an overabundance of fun. (One of my favourite quotes... *"Whatever you do today, do it with the youthful enthusiasm of a 4-year old wearing a Batman t-shirt."*)



Grow.

If there has ever been a time for self-reflection and change it is NOW! Most of us now have more free time with shorter commutes, reduced activities, fewer events and engagements. The opportunity to look at what we “normally” do and how we do it has been thrust in our faces. The resources available to us online for self-improvement are endless. Don’t pass up this once in a lifetime (hopefully) opportunity to become a better version of yourself.



HOME. Stay the F*%\$ at Home.

There’s really no clearer way to put it!



Inspire Others.

Spread joy and hope amidst these trying times. Be uplifting. Fill others with hope. Do what you can to lead others by acting diligently to #flattenthecurve. Lead the way with a motivation and determination to emerge from this as a healthier and happier Human.



Joke.

Amidst all the trials and adaptations DO NOT lose your sense of humour. Tell jokes. Share jokes. Play jokes. Laughter is the best medicine!



Kill ‘em with Kindness.

Two words... BE KIND! Help others where and if you can.



Limit your consumption.

Now now, before you start thinking that I’m doling out diet advice in the midst of a pandemic, I’m talking about the “news”. There’s only so much news coming down from reliable news sources. All the rest is regurgitated, recycled, upcycled, chopped up sound bites and click-bait. Much like your nutritional structure, stick to deliberate “intakes” of news and avoid the feeding frenzy!!



Move More.

Nurture your physical capacity and take care of your body. Just move! Often! Walk. Dance. Play. Climb stairs. Mimic animals. If you’re not sure what to do, now more than ever there are lots of amazing online classes and coaches. Take advantage of the time you have to take good care of your bod’... it will naturally take care of your mind too.



Vitamin N. Nature.

Wherever and whenever you can, step outside. Fill those lungs with some fresh clean air purified by the trees which aren’t fighting against car exhaust and plane emissions. Cherish and contribute to the healing of our planet!

(Please refer to the guidelines of your local Department of Health or Public Health Authority for any advice before venturing out.)



Observe Boundaries.

Everyone is managing this in their own way. Take care of yourself and those around you. Respect other people's space, their stuff, their time and their feelings REGARDLESS of how they treat yours. Now is not the time for infighting. Set defined boundaries, observe those set by others and be courteous enough to follow them.



Patience.

People are out of their routine and out of sorts. People are scared. People are trying to adapt while others are trying to resist adaptation. Thrusting your opinion (or fist) in someone's face, or on someone's Facebook feed, when they are scared and feeling threatened WILL NOT have the outcome you want. Be patient and be kind. This will take time. We are all in this together and WE WILL GET THROUGH IT!



Quiet Time.

Take some time away from it all. Set aside a few minutes in your day (1 minute, 2 minutes, 5 minutes, 15 minutes) to just be quiet. No phone, no distractions, just the quietness of your breath and the stillness of your thoughts.



Respect Others.

We are all going through this together... globally. Protect yourself and do what you need to keep you and yours safe and to allow others to do the same in the way that they see fit. We may not all agree on how this looks and we may interpret things our own way. Respect that others are trying their damndest to get through this the best that they can as well.



Set (and stick to) a Schedule.

Develop a routine. Have a bedtime. Set your alarm to wake up. Place structure in your day. Use apps and alarms to help you create this structure. During times where so much seems out of our control... control what you can... YOUR DAY!



Technology.

There's oodles of tech' out there to help us schedule and stay on task and to alert us that we've been parked on our ass for too long, to guide our movement and to help us breathe and to assist our communication with others. Use it, but also know when to lose it - never lose your innate ability to be human.



Underwear.

One of life's simple tenets: never forget to put on clean undies!



Vision forward.

Be a badass visionary. Create a vision for yourself. Whether this be for the morning, the day, the week, the month. Create the vision of where you are headed and who you are becoming during all of this kerfuffle. See the steps that you must take to get there. Write them down. Put them in your schedule. Wake up each day looking forward to getting closer to where you want to go.



Wash.

Wash your hands. Wash yourself. Wash your clothes and your bedding. Keep clean.



XO (or XXX)

Spread the love. Hugs and kisses. Give 'em out and get 'em where ya can – and send 'em virtually where ya can't... and never lose your mojo!! 😊



You are NOT Alone.

We may be in isolation but you are most definitely NOT alone. Reach out to someone if you are feeling alone and be open to others reaching out to you.

We are all in this together!



ZZzzz. Get your rest.

This is probably the most important part of your day (or night). Cherish it. This is time for your body and brain to slow down and recover. To regenerate. To renew. So that you wake up ready to tackle another day!



Functional Fitness is a Halifax-based “fitness” company whose approach to coaching is rooted in the belief that #FitnessIsNotAesthetic. Deep down, we are all badass human beings with an amazing capacity for resilience – if nurtured. We are built with a purpose and that purpose is to adapt to survive in our surroundings. We move to avoid threat. We get stronger. We create solutions. We learn from our mistakes. We share this knowledge with our community so that they can adapt too. If there is any time where this can be showcased it is now! #WereInThisTogether.