

Resilience and Coping in Isolation

Fun Facts and points to remember

***What is resilience?** It's a term used to describe the ability someone has to overcome adversity. But really resilience is a way of managing ourselves so we have the ability to continue to thrive through changes, new routines, challenges and actually even the monotony of daily life.*

We need to care for ourselves to have the best chance of being highly resilient. Evidence has shown that if we do these things each day we will be more resilient:

- Think deeply once per day; spend time being grateful; spend time being reflective; interrupt the negative and focus on the positive.
- Accept that you're doing your best, be kind and accepting of your situation.
- Do things you enjoy each day - this might be listening to music, reading a book or even a favourite TV show.
- Exercise - it doesn't need to be high energy, you just need to move with intent. Exercise releases endorphins which help you to feel good, feel refreshed and provide a boost of energy.
- Sleep - make sure you get not only enough but good quality sleep. Is your sleeping environment set up for success, are you comfortable, have good ventilation and are you ready for sleep? Setting a routine at night helps to encourage this.
- Eating well is so important. Keeping our bodies nourished helps us to stay healthy, staying healthy helps us to have the stamina to exercise, exercise helps us to feel enthusiastic so we can participate in activities we enjoy and having pleasure allows us the head space to be mindful.
- Most importantly - stay connected to those people who mean the most to you. Being part of a community helps us to feel included, worthy, useful and significant.

So how do we manage this during these times of adversity:

- Set new routines
- Call out for encouragement and help
- Learn to love technology ... It's easier than you think!

Being isolated at home is a challenge regardless of your age, your health or your financial situation. Humans are social creatures and we require connection to others to thrive and remain well.

- Anxiety and depression are not normal and should never be considered the "norm" as we age, or as we become more confined to home.
- It's usual to feel sad sometimes, or to feel anxious sometimes, but practicing resilience and ensuring that we remain connected to family and friends can help us to overcome these feelings.
- When we are not able to overcome these feelings, and the negative feeling continues for more than a few days, seeing your health care professional is the best place to go.

Let's spend some time and create our new routine. Planning out activities helps to keep you accountable - you can share your new routine with family so they can also put aside

time to participate with you. Here's some examples, how will you fill in the remainder of the week.

DAY	MORNING	AFTERNOON	EVENING
Monday	Chair exercises		Call my daughter and the grandkids
Tuesday		Gardening afternoon	
Wednesday			
Thursday			
Friday	Exercise and social opportunity. Shopping with KinCare staff - morning tea at a coffee lounge.		Evening meditation and mindfulness
Saturday			
Sunday	Attend Church	Spend the afternoon with family	Chair exercises

For more information, below are some websites you can view:

- [Beyond Blue](#)
 - [Black Dog Institute](#)
 - [Meals For One](#)
 - [Sleep Healthy Foundation](#)
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