

## 5-ways to survive and thrive at home during the COVID-19 lockdown

Let's face it, things have changed, and we have all had to make adjustments. All of us have had our normal routines affected: Not going school, not going into the office or workplace and of course not skating.

Lockdown and the extended time at home can easily turn into sitting on the couch, binge eating and staring at the tv. Not great for the body and not great for the mind.

The experts advise the best thing to do is keep our body active and our mind occupied. Here are five things that may help, while we all stay at home.

### 1. Set-up and keep a routine.

A good routine will help with staying productive and active.

Some things to consider are:

- Set your alarm for the same time you normally get up or at worst, no later than 30-minutes than when you would normally get up.
- Establish a 5-second rule. Rather than hitting the snooze button and getting 5 minutes more in bed, get up within 5-seconds of turning off your alarm and get moving.
- Get dressed for the day. This will help with creating a distinct difference for your mind (and therefore your body) between sleep time and activity time
- Start the day with some sort of exercise. That could be anything from 10-minutes of mobility and stretching to a full body training session.
- Eat sensibly (avoid binge eating) and regularly (breakfast, lunch and dinner) throughout the day. Stock the fridge and pantry with food that is going to give you sustainable energy and help maintain your health.
- Tackle the more pressing and challenging tasks in the morning, when your willpower and motivation is strongest. Willpower is like a battery. It starts out fully charged, but over time, it will gradually deplete. Get ahead of the curve and do what you what you know is most important, first.
- If you're working from home, aim to clock off as you normally would at the end of the workday.
- Spend the rest of the evening relaxing as you normally would.
- Keep to your bedtime regular.

### 2. Have a dedicated working space

Have a dedicated room or area for working or studying. Ideally, it should be a quiet room or area, to avoid distractions. Have the essential office items on hand e.g. stationary, study books and power supply for your computer.

### 3. What if you're not working or studying?

If you're not working or studying, then this could be the ideal time achieve something you have been waiting to do.

Here are some suggestions:

- Do a short course online  
There thousands of course available on the Internet. Many can be found for a reasonable price and even for free. For example, Udemy.com have recently offered some of their courses for free. The details are available on the site.
- Finish some of the projects around the house  
There is always something that needs doing around the house. Pick just one or two small ones first and get them done. Getting these done will spark a feeling of achievement and confidence to attempt bigger projects.  
Not sure how to do something? There are plenty of how-to-do videos online and the staff at the hardware stores can also be a great source of knowledge.
- Start a hobby  
Yes, I KNOW skating may be your hobby (SO DON'T GIVE THAT UP).

If, however you are looking for something then a hobby can help to keep the mind and body occupied.

A hobby can be a lot of things. Generally, it should be fun, challenging, help you decompress and spark your creativity.

If you are looking for a hobby, then here are few things you may like to consider

- Cost of the hobby
- Time the hobby will take up
- Can you get the resources and info for your hobby?
- What side of your personality do you want to express with a hobby?
- What sort of challenge do you want from a hobby?
- Do you want a hobby you can do with your spouse or partner?
- Self-check: Are you interested in the hobby, or in the equipment associated with a hobby?

#### **4. Using the time to improve skating**

There is plenty that you can do, while there are no ice training sessions.

Here are some things you can do to improve your skating.

Physical fitness

Now is a great opportunity to work on the areas that you know will help your skating.

- Flexibility
- Stability
- Balance
- Coordination
- Agility
- Endurance
- Speed
- Strength
- Power

If you're not sure what to work on, speak to your coach for where they see you need to improve.

*Note: I'll be discussing some of the ways you can work on these areas in upcoming articles.*

Technical-training drills

Just like fitness, there is always something technical that can be improved.

Get stuck into your technical drills working on the precision of movements and correcting what needs improving. If you have a suitable mirror to work in front of then that's even better.

Study time

Get online and watch videos of skating races. Watch them as a spectator as well as analysing what is happening. Your coach may be able to direct you to videos which are appropriate and worth looking at.

Watch videos of your own skating and take note of where you can improve.

#### **5. Stay connected**

For some people, lockdown / self-isolation can get pretty lonely. Thankfully, technology can facilitate almost the next best thing: online chats and video calls.

Having a routine, keeping active and staying connected will make this situation feel less like an imposition.

However, this time and the situation is difficult. If you are feeling worried, overwhelmed or struggling to cope, then it is advisable to talk to a trained professional.

There are many organisations that are free and can be of assistance.

The link here provides a list of reputable providers

<https://www.australiacounselling.com.au/top-mental-health-organisations/>

Stay safe

Richard