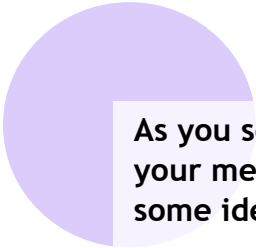


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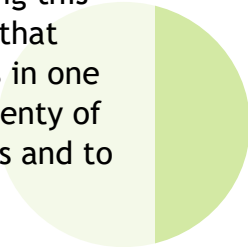
Guide to Surviving Self-Isolation



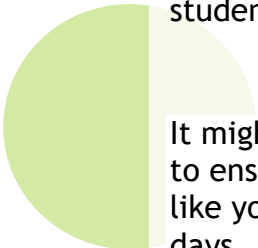


As you self-isolate it is important to look after your mental health and wellbeing. We have some ideas and resources to help you.

It is important to look after yourself during this time and be kind to yourself. Remember that although you may be spending two weeks in one place, you are not alone and there are plenty of ways to stay connected to fellow students and to your friends and family.

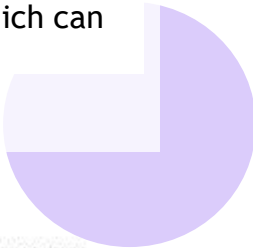


You will be continuing with your studies online during this time, but it is also important to mark out time to relax. Make sure that you stay in touch with the student community, friends and family. Check out the online activities hosted by student societies and The Guild.



It might be worth creating a routine for yourself to ensure that you get plenty of sleep and feel like you have an element of structure to your days.

Remember also that some of your fellow students, friends and family may need to self-isolate too, so please do keep an eye out for others, which can also help your own wellbeing.





Isolation Life Tips

Call friends and Family

- ~Skype, FaceTime and WhatsApp are great apps for calling abroad.
- ~Video calls often feel more real.

“Netflix party”

- ~A google chrome extension
 - ~It allows you to watch a movie with someone else on Netflix
- Don't have Netflix?
- ~Box of Broadcasts (BOB) is a streaming service UoB students have access to (learningonscreen.ac.uk/ondemand)
 - ~You can also watch movies and TV while screen sharing on Zoom with friends

Play Games

- ~papergames.io allows you to play tic tac toe, battleships, and connect 4 online
- ~skribbl.io allows you to play Pictionary online
- ~thegamegal.com has a word generator to play charades and other games

Get to know your flat-mates

- ~Write your name on paper and tape it to your door
- ~Start a group chat with your flat-mates and organise calls with them
- ~Know and respect UoB's self-isolation guidelines



Community in Isolation

If you are missing the sense of community and people, live cameras of public places and playlists of ambient sounds such as coffee shops and parks can be soothing:

The Bodleian Library:

www.ox.ac.uk/soundsofthebodleian/#radcam

Or have a search on YouTube for coffee shop sounds, study alongside someone or with a panda.

Several museums and galleries have virtual tours including The Getty, The British Museum, and the Guggenheim.

Free audiobooks are available on the BBC website and openculture.com

covidmutualaid.org have local groups supporting people self-isolating

Remember, you're not alone. Read the experiences of other students in lockdown:

www.bbc.co.uk/news/uk-54294707



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Wellbeing Tips

Plan each day; study, food, exercise, fun, relaxation

Physical activity - there are plenty of yoga videos online.

Check out this article from The guardian “How to make a home gym from household items while self-isolating”

Food- Miguel Barclay and Jack Monroe have good everyday meal ideas; look on insta or google

Self-care- follow feel good accounts on insta such as Myselflovesupply, Thehappynewspaper and Journey-to-wellness_

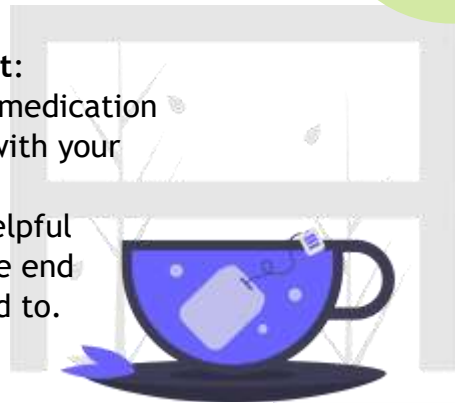
Put your mental health first:

Make sure you have enough medication

As far as possible continue with your counselling/ therapy

Talk to someone safe and helpful

Use the organization’s at the end of the leaflet when you need to.



Staying Occupied

Create a Quaranzine with the Blurt

Foundation:

www.blurtitout.org/2020/04/15/project-quaranzine/#DT

Construct with paper: google origami, paper boxes, chatterboxes

Construct a jigsaw with National Geographic:

www.nationalgeographic.com/games/photo-puzzle-jigsaw/

Adult Colouring Pages:

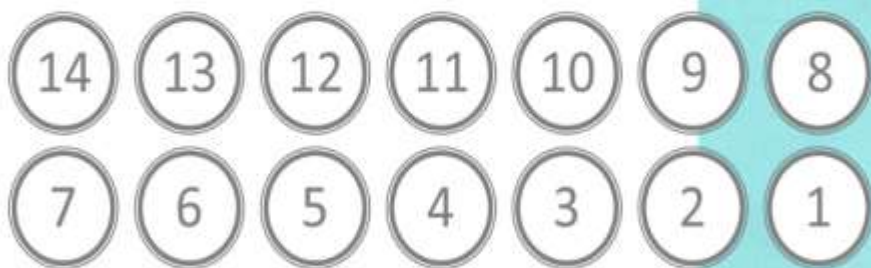
www.justcolor.net



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Isolation Countdown



Counting down to the end of self-isolation can be helpful.

This will help you plan your days and look forward to the end.

How will you celebrate ending self-isolation- COVID safely?!!



Wellbeing Support

The next few weeks and months are going to be tough for a lot of people, and self-isolation will never be fun or easy, but we hope that this gives you

a few ideas to make it more manageable, and together we will get through whatever 2020 throws at us, as best we can.

Your **Personal Academic Tutor** and college **Wellbeing Officer** will be able to support you through your time in isolation.

The Mental Health and Wellbeing Team have information on accessing services and lots of resources:

intranet.birmingham.ac.uk/student/Your-Wellbeing

The Guild can provide you with independent advice and support, including academics, accommodation and wellbeing.

Check out 'UoB Virtual Neighbourhood' on Facebook for virtual Guild events.



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Pause@UoB

At **Pause@UoB** we recognise that whilst self-isolating may bring opportunities for less distractions when studying it can also be draining, disappointing and frustrating.

If you need to talk to someone, voice your concerns, have some more ideas of how to support yourself or are worried about your wellbeing, **Pause@UoB** are available on the phone 6 days a week to listen, support and help you.

For more information:
intranet.birmingham.ac.uk/pause



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Other support services

There are many services available to support you with your emotional health and wellbeing. Here are just a few that you might find helpful.

Papyrus Helpline (Prevention of Young Suicide)

Call: 0800 068 4141 Text/SMS: 07786 209 697

Email: pat@papyrus-uk.org

Open Monday-Friday 10am-10pm

Weekends 2pm-10pm Bank Holidays 2pm-5pm

Nightline

Confidential and anonymous support for University of Birmingham students from 8pm -8am

IM or email via my.bham

Phone number see back of student card

Student Space

Call: 0808 189 5260 7 days a week 4pm-11pm

Text: 'STUDENT' to 85258 24 hours a day

Webchat is also available at studentspace.org.uk





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