NADIA’S GUIDE TO BEING ALONE

WORKING FROM HOME AND SOCIAL ISOLATION TIPS AND TRICKS FROM A MILD RECLUSE
We're incredibly lucky that we can work remotely at the AHSN and have such great software to support this. But how can you ensure you rise to the challenge of long-term virtual working? I will tell you, because I know things.

**Keep to a routine**

Getting up at your normal time, taking short breaks, setting aside time for lunch and logging off at a reasonable hour is more important than you think and can quite quickly diminish if you're not careful. Do you want to be a husk hunched over your laptop at 20:58 in the dark having not been outside all day? No? Then be strict about your routine!
Get washed and dressed
Seems like it goes without saying but it is verrrry easy to slip into 24/7 pyjama party mode. This is NOT as fun as it sounds - your mental health will thank you if you wash and dress for the day.

Take little walks often
Around the garden, the block, up and down the street, up and down stairs a few times - keep active! Also hula hooping is amazing; I've told you before.

Drink lots of water
Duh.

Don't just email
Video calls and phone calls - bringing friends into your eyes and ears but not into direct contact. It's really important to speak out loud to another human now and again.
Make a To-Do list
So you can keep busy! If you run out of things to do... well it would be a miracle but if you do tell your manager; they will have a fun task to work on I am sure.

Don't get too buzzed
Consider getting naturally decaffeinated or decaf versions of your preferred hot beverage. It's easy to drink 6 cups of coffee and a diet coke in a day when you're by yourself, somehow.

Eat good, feel good
You will want to snack, so snack responsibly! Get veggies and dip 'em in something. Get fruits and go to town. Experiment with Greek yoghurt, honey, seed and fruit combos. You can be mega smug about being so healthy if nothing else.
SOCIAL ISOLATION

I will honestly see no difference in my day to day life with social isolating coming into effect but some people who "go out" and "do things" might, so here are some suggestions to keep cabin fever at bay...

Find jobs to do
Have you been meaning to fix something around the house? Sort out something? Vacuum the ceiling? Whatever it is, put it on a list and work your way through it.

Get some on-demand entertainment apps
Have you heard the good word about Netflix? Now TV? UKTV Play? BBC iPlayer? 4 on Demand? Get these things and have the best time of your life.
**Read everything**
We all have books we haven't read yet, so read them! I'm currently reading Death and the Penguin by Andrey Kurkov.

**Spend time with/talk to your family**
I can't advise too much on living with family but I assume you've got that figured out if this is your situation. Be sure to call family members if they aren't close by regularly. They like it.

**Make things**
Baking and cooking is always a winner. Think about adopting a craft as well. I as you probably know love a bit of cross stitch or knitting, because I am in fact an old person in disguise.

**Use social media**
Yes okay too much is bad for you and stay away from too much stuff about the news. Hilarious memes and adorable baby animals are the way forward.
Nadia Kuftinoff is an only child. In 2016 she moved to a town where she didn't know anyone to live by herself. She maintains her 5 friendships virtually.