

Are you daunted by the possibility of self isolation? Why not look at it as a positive opportunity?

The basic rule is to have a structure to your day. Unless you are ill don't spend all day in bed. Don't spend all day in your pyjamas. Set yourself a routine, eat at regular times, move around a bit, vary activities, don't spend all day watching TV. If you are working from home keep office hours. Start and stop work at your normal time. Build in keeping-in-touch time but don't use it simply to moan. Remember that if you are interested in the wider world you will be interesting to others.

Here are some ideas to try for things that you may not usually have time for, some can be addictive! Try to vary what you are doing and do bits of various things during the day.

1. Be grateful – think about a person or company who makes a positive difference to you life in some ways (e.g. someone helpful at a call centre, good refuse collectors, or someone who works hard for the community) – write them an email or letter of appreciation (notelets or postcards are good for this). Tell people close to you that you love them.
2. Sort out your photographs. Prune out those that are dodgy or duplicates and save the best – writing as much information as possible on the back. If you can tear photos as easily as magazines, they can be recycled with paper waste. If not use as postcards or bookmarks, or even make collages. Digital photos can also be pruned and sorted into folders and subfolders – add information to help you remember the when, where and who.
3. Start your family or own story (you can use your photos to illustrate or prompt you). Don't worry about writing a single piece, just jot down family or personal stories as you remember them. You may think it dull, but each one of us has a huge amount of social history to pass on, (just think about what has changed in your lifetime).
4. Sort out your wardrobe – make a pile for the charity shop. Repair hems and holes of things you want to keep, sew on buttons, it's fashionable for them not to match. Think about combinations for future outfits. If an item has no life left, cannibalise it for crafting or dusters.
5. Read those books and magazines you've been putting aside for lack of time. Write a review and send it to TG. Weed your shelves for books you don't expect to read again ready to pass to the charity shop, or community library.
6. Make a call list and spend an hour catching up with old friends and relatives (especially any retiring violets who won't call for fear of bothering you).

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7. Agree with friends to watch the same TV programme and discuss by phone, skype or email afterwards. (You can do the same with books too.)
8. Find something to make you laugh every day and share the jokes when you call people.
9. Watch old videos if you have a recorder. If you have no recorder and the tape isn't precious enough to transfer to DVD, visit [5 Ways to Recycle Your Old VHS Tapes | Video 2 DVD Transfers](#).
10. Research someone who has always fascinated you. Make some notes (about her/him to share with your friends or your Guild. (Research is just a fancy word for "finding out about".)
11. If you are a crafter, make something useful for charity from your stash. (Knit or crochet blanket squares, make cards for sale/ create pieces of jewellery from odds and ends.) Visit www.knitforpeace.org.uk for ideas and patterns or the TG website for items to make for our AGM yarn bombing.
12. Talking of jewellery – spend some time sorting through yours. Pieces beyond repair may be useful to a crafter and pieces you no longer want can be passed to charity. Clean bits that need it and set aside items that need to be repaired, ready to find a repairer when your isolation ends.
13. Stay fit by incorporating some exercise into your day, at its simplest dance as you vacuum, stretch with a feather duster to tackle picture rails and lamp shades, remember the chair Charleston on the TG website. Go for a walk by taking items individually from A to B (rather than as a group). If you have a staircase treat it as a hill and climb it several times a day. Vary your exercise by visiting www,10today.co.uk – ideal if you are older or less mobile.
14. Take a virtual tour of a museum or art gallery – search for virtual tour and the name of the place you are interested in.
15. Sign up for the Discovery Award here www.the-tg.com/the-discovery-award.aspx and make some of your new found interests count.
16. Act as an order point for people without internet access. You may find it hard to book slots with some supermarkets, but other places are still delivering. Investigate whether your area has a local Facebook page many are now offering help with essential shopping, post etc and you may be able to assist a friend or relative who is not online get help.
17. Be adventurous with your store cupboard make the most of tins and packets by creating something different – sardines don't have to be served on toast and bread doesn't always need yeast!
18. When the weather is dry spend some time in the garden if you have one, a little light weeding or dead heading or even something more vigorous like digging will lift your mood. No garden? pay attention to window boxes and house plants. Spend some time at an open window breathing fresh air and appreciating the outside world. Watch for the insects and birds that visit you.

Do you have any ideas for PSI? Do email us on contact@the-tg.com or follow us on Facebook – Townswomen's Guilds or Twitter @Townswomen.