

Surviving lockdown

Tips from your editors & ambassadors

FABIA

Having a definite lunch break helps me take a break in the middle of the day, forcing me to step away from my computer, and to eat some good food while feeling less stressed! Having background music on helps me feel calm and focused... YouTube has lots of options for study music. Exercise! This has really helped me stay positive, as I really hate sitting down all day. I get this in first thing in the morning, before I get distracted with work.

LIAM

Picking up a new hobby to properly take my mind off my work has really helped. I often found if I was watching a film or TV I would just think about what I had to do next for work. Trying something like knitting along to pattern forced me to concentrate on something else and relax while doing so!

EMILY

I found getting outdoors helped massively, the fresh air helped clear my mind and switch off from the day. Going for a run with my dog was one of the ways I got outdoors, and it gave me structure and variety to otherwise very simple and monotonous days. It also meant I got to go on local adventures and explore my local area in a way I never had before. Be kind to yourself! We are all living through a pandemic and there is no 'one size fits all' piece of advice that will work for everyone. There will always be good and bad days. It is important to know that some days may be more productive than others, so don't compare yourself to others.

AMY

For me there is nothing more helpful than timetabled procrastination! Whether it's a fifteen minute Instagram break, or a lunch time walk to Starbucks, having a physical/mental change of scenery helps to keep me focused.

CATARINA

A little walk outside can go a long way! Going for walks in the nature has helped me immensely during lockdown; I definitely made the most of every ray of sunshine the weather had to offer. Keep your distance where possibly and avoid busy places, but find your own quiet spot and walk there everyday. I promise you you'll feel recharged! If you have pets, spend some quality time with them! I took the opportunity to spoil mine, and not only did I improve our relationship, it also helped me escape work and the worries of the world. Nothing like doggy kisses to boost your mood!

MANOHAR

During lockdown time I made more interactive speaking to the family by sharing the daily activities in a more detailed manner, attended a regular online family and relatives gathering through zoom meetings. Spending time with friends through interactive online games. Learned and experimented with different recipes of food. I also attended various academic meetings across different time zones.

HEATHER

Don't be so hard on yourself, working remotely is difficult and it's hard to be as productive as you would if we weren't living through a global pandemic. If I find myself procrastinating or unable to focus then I take a break from my computer and do something else for 15 minutes (like getting some fresh air or having a cup of tea). I find this helps me to come back to my computer with a fresh perspective.

PRAKRITI

Listening to songs or low beat background music while working calms me down, going on walks, or short aerobic/ dance session, making good food, or reading something other than coursework like some novel. If sometimes I feel overwhelmed, I write in my journal all the thoughts. Also I recently started meditating, and I am finding this really useful.

NATALIE

Having a timetable has really helped me, including short- and long-term goals, I plan my week out in advanced making sure to include some free time.

As difficult as it can be to motivate myself exercising can help especially when it is outside, even if it is just for a walk, it really helps with my mental health.

Do something fun, it helps to break the week up by having scheduled activities, I like to have games night every Friday with friends over Zoom.

TIERNEY

My main survival tip for lockdown is to stick to a sleep pattern as best as possible. Lockdown has been pretty unpredictable at times, but I find sticking to a sleep pattern has helped manage that and allows me to be as organized with my day as I can be, even if I don't end up doing much work, if at all.

Secondly, don't be too hard on yourself. Take breaks and time away from your work if you need to. Go watch a new show on Netflix, listen to a new podcast, or pick up that book that you'd forgotten you were reading. Go for a run, workout, take up yoga. Lockdown has shown how important mental health is for all of us, and at times we forget that we can take days away from work to look after our mental wellbeing.

MEGAN

I found keeping in touch with friends extremely important throughout lockdown, especially for my mental health. Whether university course mates or friends from home, having evening plans to video call and finding various things we could do virtually helped me to still feel connected even if we were all stuck indoors. It also allowed me to take a break from university assignments and deadlines, look forward to something and have a bit of fun!

I also found podcasts super useful when needing a small break, or when I went for daily walks. Whether it was a funny, educational or documentary podcast, it kept my brain thinking but in a different way to how I was doing university work. This kept me sane in an unpredictable time such as lockdown.