

11 points how to get through domestic isolation and quarantine

The current state of domestic isolation and quarantine presents many challenges and spreads fear among all of us.

The following tips will help to make it easier:

Exercise outside.

In order to prevent feeling depressed, get out of the house for a while, take a short walk or a jog. By the way, you can combine this with a mindfulness exercise (attentive perception). Make use of all your senses. Smell, hear, see and feel. But make sure that you keep enough distance from other people, at least one meter.

Movement is essential, even indoors.

Even if you can't leave the house, there are many ways to exercise at home: Qigong, yoga, gymnastics or dancing to your favourite music, bring the necessary movement and are also good for the soul. You can participate for example here: https://www.youtube.com/channel/UCXsUk_WoFZOH-evNleCNq6Q

If there is not much room.

When a large number of people have to spend time in a small apartment in a very confined space, it helps if everyone can have their own personal retreat. For this purpose, it is possible to arrange, e.g. also temporarily, areas within the apartment that each individual is allowed to use for himself only.

Being alone in isolation.

People who now spend time alone at home are just as much challenged. For them, it is particularly important to keep moving and to phone family or friends at least once a day. Feeling connected gives comfort and support and strengthens our immune system.

Plan your day.

Structure helps against the feeling of chaos and non-controllability. Planning provides clarity and provides a better overview of the situation. Therefore, structure your day as precisely as possible, preferably by planning it the evening before: get up, get dressed (don't spend the day in your pyjamas), plan fixed meal times. Planning prevents feelings of loss of control and helplessness and makes you more capable to act.

Providing structure for children.

Planning and structure also provides support for the children. It is therefore important to stick to the usual day structure as much as possible: e.g. learning times in the morning,

free time in the afternoon, "mobile phone/screen times" agreed together with the child and joint activities such as going out and exercise.

Do something interesting.

Find something to do. Cleaning, painting, knitting or writing poetry, writing a diary is a good idea. Playing puzzle is another good thing to do. For the mental balance it is good to do something, to be intensively absorbed in something.

As few disasters as possible.

If possible, reduce your media consumption, especially in view of the latest catastrophe news such as rising infection rates and the like. Too intensive consumption of media coverage on the crisis can increase your feeling of fear and panic. It is sufficient to get information from reputable media once or twice a day.

Start and end your day consciously.

Take your time to start the day. No cell phone as soon as you get up. No social media in the morning. Maybe there is a morning ritual that is good for you and that you would like to perform regularly, such as meditation, yoga or morning sports. End the day consciously and calmly, perhaps with a bath, a cup of tea and a good book. It's best to avoid screen work, mobile phones and TV news one hour before going to bed.

What is it that gives your strength?

Reflect on your strengths. Which resources and skills have helped you master difficult situations in the past? What are your personal sources of strength? Do you have a relaxation exercise that does you good? If not, then look for some meditation and mindfulness exercises that reduce anxiety and promote relaxation. You can find many of them, in all languages on youtube.

Feel joy at least once a day.

What is it that you were particularly happy about today? Which conversation, which little gesture, which experience on your walk put you in a joyful mood? Our emotional mood is especially important right now, because joy and gratitude have been proven to strengthen the immune system.

Make a gratitude list. Write down at least 10 things you are grateful for. These can also be very small things or things that are taken for granted, such as warm water, clean water, etc.

Tips especially for parents:

Staying at home is not always easy!

- Be there for your child!
- Explain the situation to your child well. Explain why no visitors are allowed.
- Let your child talk to friends or relatives on the phone.
- Keep eating and sleeping hours as usual!
- Create fixed times for learning and playing.
- Let your child have a say in planning the day: for example, let your child choose a lunchtime meal.
- Make the quarantine time manageable for your child: for example, create a quarantine calendar so that your child can see the end of the quarantine.
- Make sure you keep moving during this time as well: A jump rope, a trampoline, dancing to music.
- Give your child plenty of time to play. Read, draw and play with your child.
- Think of something good and beautiful. Try to be in a good mood. Your child will be in a good mood too.
- Your child may want to sleep with you in the same bed. Allow it, if it is okay with you. Your child needs the feeling of security and safety right now.

Important telephone numbers and addresses for crisis and emergency

- Coronavirus hotline of AGES 0800 555 621

The AGES answers questions about the coronavirus (general information on transmission, symptoms, prevention) 24 hours a day on 0800 555 621.

- Health advice by telephone 1450

Only if you have specific symptoms (fever, cough, shortness of breath, breathing difficulties), stay at home and dial 1450 for further procedures (diagnostic clarification). 0 to 24 hours.

- Doctor's radio service 141

The doctors' radio service is manned during the night from 19.00 to 7.00 hours, on weekends from Friday 19.00 to Monday 7.00 hours and on public holidays all day. Open surgery (Saturday, Sunday, public holiday from 8.00-20.00 h)

- Emergency psychiatric aid 01 31330

The Psychiatric Emergency Aid is available around the clock as an emergency and crisis service.

- Emergency doctor 144

- Telephone services and help lines, for conversations during crises

o Ö3 number, 16.00 to 24.00 hours, 116 123 (no area code)

o COUNCIL ON WIRE (RAT AUF DRAHT), emergency call for children and young people and their carers, 0-24 Uhe, 147

o Telephone counselling, 0-24 o'clock, 142

- Crime victim emergency call "Weißer Ring", 0-24, 0800 112 112

- Women's helpline against male violence, 0-24 p.m., 0800 222 555; counselling in native language

- Women's shelter emergency call, 0-24 o'clock, 05 77 22

- Men's advisory service Vienna, Mon to Fri: 09:00 - 12:00, 01 603 2828

- 24-hour care hotline of the City of Vienna for risk groups: 01 4000-4001

- <https://corona-nachbarschaftshilfe.at/>

If you belong to a risk group (pre-existing conditions, high blood pressure, diabetes) and need someone to do the shopping for you or do something outside the home.