

BORED AND ALONE AT HOME?



Rustenburg – After the announcement regarding lockdown on 23 March, South Africans traded in shopping malls, sports events and concerts for the comfort of our own couches. The first few weeks have passed, some have returned to work after we shifted to level-3, while others wait patiently to find out when they will be able to leave the house. So, while you are stuck at home, here are a few ways to keep yourself busy:

A GREAT PLACE TO START IS TO DECLUTTER AND ORGANISE YOUR HOUSE

Whether it's the kitchen, garage or linen cupboard, now's the time to declutter. Tackle your house room by room. You can donate items to Hospice or local shelters. Go to <https://konmari.com/marie-kondo-productivity-tips/> for innovative and creative declutter tips.

Go on a trip through memory lane and start a new photobook with those extra special photos, instead of having a stash of photos in some box somewhere in one of the closets.

The internet is full of DIY tips to create shelves and organise pantries and drawers so in no time you will have a clutter-free house.

YOU CAN ALSO TRY TO GET OR STAY FIT BY FINDING ONLINE INSTRUCTION VIDEOS

The [nhs.uk/conditions/nhs-fitness-studio/](https://www.nhs.uk/conditions/nhs-fitness-studio/) website has 24 free instructor-led videos covering aerobics exercise, strength and resistance, and Pilates and yoga, and other fitness plans. Also visit <https://www.youtube.com/watch?v=W0FxPT0O0SA&feature=youtu> for a yoga-only class.

CURE YOUR WANDERLUST WITH ONLINE TOURS

You can still somewhat settle the travel bug... online. Google is offering free virtual tours to museums across the world. Go to <https://artsandculture.google.com/> or <https://www.louvre.fr/en/visites-en-ligne> for an enlightening experience. You can also visit <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>.



KEEP YOUR MIND SHARP

Now is your chance to read that book you never get to finish. You could also stay informed of all the latest trends and gossip in your favourite magazines. Find a variety of magazines, of which most are absolutely free at <https://magazinelib.com/?s=South+africa>. If you're not a reader or don't like a book in hand, listen to audio books while working out or working in the house or garden. Audible, part of Amazon.com, has also released a collection of hundreds of free audiobooks – go to www.stories.audible.com/start-listen.

Enrich your mind by learning something new. Oxford Home Study Centre added exciting new free courses to their existing collection. You can study and get a certificate upon completion for a wide range of studies including business management, construction management, fashion design, starting a business and public relations. Go to <https://www.oxfordhomestudy.com/OHSC-Blog/free-short-online-courses-with-certificate> for the full range of free courses. Take some time to enhance your financial education. Subscribe to a financial blog, listen to a financial podcast, watch a YouTube video on investing, read a book on personal finance or enrol for an online course.

GET YOUR CREATIVE JUICES FLOWING

You can take up painting or drawing. Get a new hobby. Try cooking something completely out of your comfort zone – did someone say chocolate soufflé? Maybe now is the time to discover a hidden talent.

TAKE CARE OF YOUR METAL HEALTH

These are challenging times for the mental health of many people. Many experience stress and fear due to the COVID-19 outbreak. Social distancing, shutdown levels and self-isolation have upset our daily routines and emotions. It is important to take extra care during this time with more support and self-care steps to ensure your mental wellness. It is important to make time to talk to friends and loved ones. There is no shortage of applications where you can talk, text or even make video calls. If you are really struggling, South African Depression and Anxiety Group (SADAG) provides free telephonic counselling, information and nationwide referrals to support groups, psychologists, psychiatrists, clinics and more. Online resources such as brochures, articles and self-help videos can be found at www.sadag.org. To speak to a counsellor, call 0800 212 223 (7 days a week, 365 days a year, 08:00 to 20:00).



LAST BUT NOT LEAST, TREAT YOURSELF A BIT

Give yourself a manicure and a pedicure. There are hundreds of recipes for at home beauty masks online. Be bold and go bold by shaving your hair. If you have ever wanted to experiment, now is a great time to do so.

Listen to music and make playlists for your family and friends. You can go the old-fashioned way and put it on a CD for them. USB sticks and memory cards are a great way to share your Spotify playlist with them.

Whether it's a movie night, board games, puzzles, or reading, take this time to spend some time as a family enjoying some much-needed time together. Don't forget to take good care of yourself throughout this time of uncertainty.