

Have a plan

It's all been a shock. Now we're in 'isolation', possibly alone. What next? How do we fill our time ?

And how can we stay positive ? Here are a few ideas.

But first a few 'don'ts'

- Don't spend all day watching TV news. It may just depress you or stoke your anxiety. Check the headlines and move on. This is the day the Lord has made so live it as fully as you can.
- Don't fritter away your time. Otherwise you'll just feel frustrated. This is a unique opportunity to live entirely differently and get something out of it.

'Dos'

It's a good idea to rough out some sort of timetable for the day or week and fill it with variety. Stick it on the fridge even. You will feel much more satisfied at the end of the day or week if you can put a tick against some of these. For example :-

Personal devotions

- First things first. Spend some time in private contact with God. Talk to Him , study your Bible. What is He saying to you today? We all need to know each day that He loves us, cares for us, knows our situation and will help us.
- If you need help to understand the Bible go to these sites MATT?
- TBN Channel 65 or Premier Christian radio also have programmes throughout the day and many churches like St Helen's Bishopsgate have teaching online.
- Pray. Perhaps you could devote 30 minutes a day, broken into 10 minute slots to pray for others. Check prayer updates on the CBC website. But the news will suggest many others.
- If you're not 'religious' this could be a good time to really consider your purpose in life and what will happen after you die.

Household tasks

There will always be some of these to do - cleaning, cooking, laundry, paying bills, organising how or who you will do your shopping. Do a little every day.

Exercise

Plan some exercise into your day - follow a programme online, dance to music, follow the green goddess with sitting down exercises but keep moving ! You will feel better afterwards.

Project

Have a project. Depending on your health and fitness - clear the loft or shed, plant your veggie patch or allotment, knit that jumper, make a quilt, write a book , advise others on how to use the internet.

Brush up old skills

How about dusting off the piano or flute or dig out your paints. Take up baking again or wood carving.

Keep the mind active - Learn something new

How about learning a new language?. Or study online. The WEA among others offer online courses.

Stay in contact

You probably already contact friends and family and it's good to set aside time each day for this. But do you know others who are on their own who might welcome contact by email, text, phone, Whatapp etc. Many people will be lonely and afraid and will be delighted to know someone is thinking of them.

Read

Now is the time to read some of those untouched books on your shelves!. If you run out you can get thousands of ebooks and audio books from the library service

Relax

Spend some of the day relaxing. Have a snooze, listen to music. Think calming thoughts. Watch something uplifting or funny on telly.

Set a personal goal

Maybe you could lose weight during this time, or reduce alcohol, or work at being more patient and caring. Or catching up with long lost relations.

In many ways this is a really horrible time but if we have a plan it should be possible for us to come out of this with something to show for it.