

In Fitness to Fly, find

Five practical ways to achieve optimum mental health and well-being



1. Connect socially with others

- **A**ttend first to connections with family and friends.
- **C**onsider expanding your social circle beyond the Cathay bubble (more distant relatives, friends with whom you've not made contact in a while). See what the rest of the world is dealing with.
- **H**ook up with those sharing your quarantine experience. Be discerning. Learn from those who are coping well. Avoid descending onto a spiral of gloom with the discontent. Help them out if you're able.
- **W**rite a letter to a loved one. Pen, paper, envelope, stamp. They will treasure this.

2. Get active

- **S**uggestions for hotel workouts abound. Internet, YouTube, Apps. Yoga, Pilates, workouts using only body weight, or resistance bands. Minimal equipment is required. Agree to coordinate the timing of this activity with a fellow quarantine - a virtual gym session if you will.

- **C**hallenge mates on the outside: after talking to mates that are on a strict exercise routine I asked if I could join in whilst in the closed loop flying
 - Set an alarm so that you get up on regular intervals
 - F45 training

3. Keep learning

- **L**earn a new skill, or brush up on old one. Language, musical instrument, novelty (juggling, magic card tricks), formal study towards a qualification.
- **U**se your time to attend to any work related study, so that when released from quarantine, you can be completely free.

4. Give to others

- **F**or those sharing your experience, consider how you might brighten their day. Plan a virtual movie night - all watch the same film on Netflix etc., and share your reactions on zoom/social media.
- **C**ontact an elderly relative. Those in aged care may be living a similar life to quarantine.
- **B**ecome a storyteller.

5. Be mindful

- **E**at mindfully. Notice the flavours, textures. Be thankful for the efforts of those who prepared the food, those who grew it, shipped it, delivered it to your door.
- **R**est mindfully. Feel the softness of the pillow, the texture of the sheets, the weight of the blanket.
- **A**ppreciate the room, the feel of the carpet, the view, the temperature, the quiet (or the noise).
- **A**ppreciate how you feel physically, hot or cold, any discomfort or pain.
- **A**ppreciate your emotions, pleasant ones and not. When they come, how long they stay.
- **I**nstead of a two minute shower, take a 30 minute bath. Relax, enjoy, experience.
- **T**ry to bring structure to your day, vary your activities, don't spend too long on any one thing, stretch regularly, and avoid comfort eating or boredom eating.
- **K**eep a journal. Before you go to sleep, write three things in your journal that you've been grateful for that day.