



Team BWS

Vary your activities



Sitting in front of a screen all day – whether for work or pleasure – is not the best way to spend long periods of time. Especially because the blue light from devices, like smartphones, can be disruptive to your sleep and overall wellbeing.

[Anxiety UK](#), a charity that helps people suffering with anxiety, has produced a list of self-isolation activities to diversify what you do at home in the coming weeks.

It suggests: downloading podcasts, watching box sets, doing arts and crafts, knitting, trying meditation, baking new foods, learning a new hobby like origami, skyping friends, FaceTime calls, cooking, writing, reading a book, doing DIY or gardening.

Humility Enjoyment Resilience Respect Discipline