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Sane 09-5-17

things to do in quarantine
how to stay sane How to
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To Stay Sane The~~
Taking Charge of your Sanity
1. Start taking control of

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your life. Staying sane, to a large degree, is about feeling like you are in control of your... 2. List the things that make you feel happy and safe. Staying sane is about knowing your needs and wants and

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engaged activism will only lead to violence and achieve nothing.

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A concise, simple book that

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applies actual psychological research not to hyperbolic promises of being the best you or being happy, but just to staying sane. Topics addressed include benefits of mindfulness, awareness of cognitive biases, and the

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virtues of autonomy, pursuing competence, and feeling a sense of belonging with others.

~~How to Stay Sane by Philippa Perry — Goodreads~~

How can we stay SANE

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(strong, active, neighborly, and energetic) during this crisis? With love, careful planning, and care for others—and total lockdown. The end of the tunnel may be a long way off, but if we treat it with the utmost

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seriousness, keep our social distance, wash our hands regularly, and look out for each other, we can stop the spread of the virus and reach the light at the end.

~~50 Ways to Stay SANE During~~

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~~the Coronavirus Pandemic~~
~~Yes ...~~

How to Stay Sane in an Age of Division is a sharp and elegant pamphlet of just 90 pages. Though better known as a novelist (10 Minutes 38 Seconds in This Strange

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World was shortlisted for the...

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~~...~~

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looking into the future and catastrophising – as in “the ‘Christmas is ruined’ and ‘it will be like this till we get a vaccine’ kind of...

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myself a free spirit that goes with the flow but now, order and routine are essential in getting me through the day.

~~How to Stay Sane in
Lockdown: Tips from Time Out~~

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~~Editors~~

Eat good food. Food is one of the many things you need to stay sane, since the Sanity mechanic of the game relies on the player “feeling civilized” to abate the oppressive, terrifying

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loneliness of living in a deserted island full of things that want to kill you. But plain old campfire food won't cut it.

~~How to Stay Sane in Don't Starve: 8 Steps (with~~

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~~Pictures)~~

As the list of companies mandating employees to work from home to stop the spread of coronavirus grows, you might be wondering just exactly how you can stay sane if it happens to you.

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The panic . . .

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This autumn and winter the fresh air can help us stay sane, positive, healthy and

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calm in the midst of the uncertainty around us. A change of plan As runners we love to plan, but we can't right...

~~How to stay sane, positive and healthy amid this~~

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~~uncertainty~~

"Knowledge requires reading.
Books. Indepth analyses.
Investigate journalism. Then
there is wisdom, which
connects the mind and the
heart, activates emotional
intelligence, expands

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empathy. For that we need stories and storytelling." (quotation of Elif Shafak out of 'How to stay sane in an age of division') I really

~~How to Stay Sane in an Age~~

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~~of Division by Elif Shafak~~

Stay informed and updated on the news—but (important but) limit your exposure to TV images of pain and suffering so as not to become overwhelmed by grief.

Consider reading the news

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What can you do to lower your stress level and stay as sane as possible during

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preventative quarantine?
Limit Your News Intake You may feel more stressed and even experience panic after reading the...

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Thinking of moving back in with your parents? Here are some tips that could help you stay sane and make the most of this transition. A lot of people have been forced to relocate due to the pandemic, whether that

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means changing neighborhoods, states, or in some cases, back home with their parents.

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Living With Your Family
The Fresh ...~~

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Here are seven ways you can stay healthy, sane and actually enjoy these cold-weather months: 1. Find your social distancing crew and stick with it You're probably sick of hearing about face masks,...

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~~7 ways to stay healthy (and sane) during the fall...~~

According to Public Health England, self-isolation means staying at home for 14 days. During this time, you should not go to work and

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should stay away from public places and transport. You should...

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