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Five ways to get through lockdown

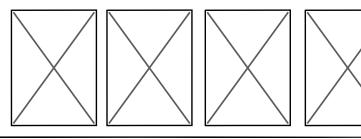
Find an exercise you enjoy, there are so many free online classes and challenges. Some options I have been enjoying are; 30 days of yoga, running 5km and pushing yourself to get a better time, a HIIT workout, resistance bands (I bought some for £15 recently), pilates and a long walk. A good recommendation would be to work out with someone in your household or FaceTime a friend to keep you motivated.

Find a good series to watch in the evening, there are so many good series and I find it helps to look forward to something after work and allowed you to switch off and separate your days and nights.

Start cooking or baking, this is something I have always loved. I have been able to experience with things I have never made before, for example I made bagels (which were delicious), cupcakes and experiments with evening meals. This will help you feel good about yourself as you are developing skills and it can be very therapeutic.

Explore your town, I have found so many beautiful walks and tried new local businesses offering take aways. Arrange a walk with a friend or who you live with to explore, grab a coffee and go.

Organise your home and garden, is it just me or are you sick of the site of your home? Have a play around the painting the walls and moving around your furniture. Another tip would be to invest in some storage baskets to organise your drawers so everything has it's spot.



Instagram Caroline Cole Youtube

Caroline Cole How to style mom jeans Find an exercise you enjoy, there are so many free online classes and challenges. Some options I have been enjoying are; 30 days of yoga, running 5km and pushing yourself to get a better time, a HIIT workout, resistance bands (I bought some for £15 recently), pilates and a long walk. A good recommendation would be to work out with someone in your household or FaceTime a friend to keep you motivated. Find a good series to watch in the evening, there are so many good series and I find it helps to look forward to something after work and allowed you to switch off and separate your days and nights... Instagram Caroline Cole

