

STAYING HOME

HOW TO STAY SAFE AND BE
PRODUCTIVE WHILST SELF
ISOLATING

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How to enjoy life under lockdown

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For YOUNG LONDON TODAY

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Cooking and Baking

One of the exceptions of the lockdown introduced by our Prime Minister Boris Johnson, is that you are allowed to go to the supermarket for essential groceries.

Due to the fact that some take-aways have decided to close and all restaurants have been forced to close, this means the UK citizens have to be more independent for their meals.

You could take this time to learn new recipes and learn how to cook if you didn't know before. Websites such as, BBC Good Food, All Recipes and Jamie Oliver have a diverse range of meals and drinks that could easily be made from home. Allowing the future master chef to have a fun experience cooking a new variety of meals. Learning how to make smoothies, fun desserts, cocktails and MORE!

As the UK has now gone into lockdown with only a few exceptions, many young adults have found themselves to be bored at home and not knowing how to keep themselves entertained. This guide will help with the boredom with weekly coronavirus updates and knowledge on how to keep yourself safe. This booklet is made to help you find ways to keep yourself entertained. New issues and new topics weekly.

-Laylah Mitton, author and editor



Start a YouTube channel/ document these events

Starting a YouTube channel now is no better time than any, you have a lot of free time to do it and everyone else in the world wants to view content on YouTube due to boredom. Look for inspiration, British YouTubers such as Nella Rose, KSI AND MORE. Start your channel off with music, comedy, makeup, vlogs, cooking channel, gaming or whatever you want to make it!

As we are going through a national crisis, we are going to be the primary source to this pandemic. You could take part in becoming a primary source by making a journal about the events taking part, taking videos and pictures for the next generations to understand what we went through. Saving these moments allows people to look back at what you went through, what the world went through. Who knows? It could end up in the history books, with your name right next to it!

Isolation is the indispensable component of human happiness
-Glenn Gould



5 TIPS FOR STARTING A YouTube CHANNEL

5 Creative things to do indoors:

1. Start to get into reading, due to the fact that there are a lot of books online to read on your phone or listen too, it makes it so much easier to get into reading websites such as audible, open library, good reads and the app 'books' on iPhone.
2. Make a photo album of you and your loved ones
3. Start to paint and colour
4. Write poems, song lyrics or stories
5. Create a list of all the things you want to do when self-isolation is over



Stop thinking and start creating!

1. Start jotting down some ideas of what type of content you want to release on your channel
2. Download editing software and try and get other equipment you may need for your channel, such as a camera, microphone, tripod, green screen. However, if these items aren't available, remember many successful youtubers started out without those pieces of equipment.
3. Create a schedule of when you will film, edit and upload and remember to be consistent!
4. Watch other youtubers for inspiration on how to improve your editing and establish more creative ideas, however, don't compare their work to yours and let it turn into self-doubt
5. Promote your channel on your other social media platforms to create more buzz around your channel



5 ways to release stress

Self-isolation can be very stressful, it is important that you are finding ways to incorporate stress-relief activities

1. Doing a spa day, bubble bath, face masks and painting nails
2. Listen to music or meditation videos and take part in some indoor yoga. Awesome apps such as Calm and Headspace will make this journey easy.
3. Facetiming family and friends, it is easy to feel anxious when you are by yourself for a long period of time. Staying in touch with friends and family may make you feel less alone and relieve you of your stress
4. Indoor exercise, there are a lot of YouTube videos for you to exercise with someone as if they are your personal coach. If you prefer something more impersonal there are apps online to download, such as 30-day fitness, seven-minute workout and more. Releasing your stress through exercise is healthy and effective.
5. Cleaning up clutter, people say that your living space can reflect your mindset, so an unorganised living area could create stress. Take this time to organise your area, clean out your closet and redecorate. The Netflix series, Tidying Up with Marie Kondo, may inspire you.

UK coronavirus updates

UK weekly coronavirus updates



- **The number of people to have died with coronavirus in the UK has now reached 1,019.**
- 71-year-old, Prince Charles of Wales, and the Prime Minister have both tested positive for Coronavirus.
- **The UK has gone into lockdown!**
- 405,000 sign up to act at NHS volunteers.
- **17,089 people have now tested positive for Covid-19 in the UK.**
- The clinical trials for the coronavirus treatment have started.
- **The epidemic is expected to peak in the UK in the next two to three weeks.**
- Tokyo Olympics now postponed until 2021.
- **The coronavirus has caused the fastest, deepest economic shock in UK history**
- McDonalds, Subway, Nandos' and Costa Coffee now join the long list of businesses that have temporarily shut their doors due to coronavirus.

The UK has gone into lockdown, what does this mean?

The lockdown has been placed for at least three weeks. The lockdown is meant to prevent the spread of the coronavirus, to protect people. It is vital that everyone follows the rules given by the government, not only could you catch the virus, but you could also become a carrier and give it to someone else, who may not fight it off as well as you would. Police are legally allowed to fine you if you do not follow the governments rules.

This means everyone is meant to stay indoors except for several exceptions:

1. You are allowed to go on a walk/jog/cycle once a day
2. Shopping for basic needs as infrequently as possible
3. To look after medical needs or provide care for a vulnerable person
4. To donate blood
5. Children under the age of 18 with separated parents are allowed to visit both households
6. Allowed to go to work only if it is absolutely essential

What should you not do?

1. Meet family members who do not live in your household
2. Visit friends

How do I stay safe?

1. Self-isolate for as long as the government suggest
2. Regularly wash your hands with soap and water
3. No public gatherings of more than two people, excluding people you live with
4. When leaving the house, stay two meters away from people outside your household at all costs
5. Self-isolate if you have the following symptoms:
 - A persistent cough
 - A Fever
 - Shortness of breath

If these symptoms progress contact 111 and do not use ibuprofen as it is found to make symptoms much worse.

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



