How do I beat the coronavirus blues?

Humans are simply not wired to tolerate any uncertainty for long.

No wonder, then, that as the coronavirus situation changes by the day, we're experiencing unprecedented levels of anxiety.

Here are my top ten tips for coping:

1. Take care of your immediate environment

For some, a clean and tidy home environment can help with spending more time indoors. For households with several people, it might help to decide who will use different spaces and how.

A spot of spring-cleaning may not be the most enticing idea, but you might never get a better time to mend that broken shelf, (finally) clean the oven, or revamp the spare bedroom. And, if you're clearing out your house and garden, remember to check which items can be refilled, re-used and recycled.

2. Prioritise time

Whether it's in your job or your lifestyle as a whole, learning how to manage your time effectively can help you feel more relaxed, focused and in control. Prioritise important tasks, tasks can be grouped into 4 categories:

urgent and important

not urgent but important

urgent but not important

neither urgent nor important

People who manage their time well concentrate on "not urgent but important" activities. That way they lower the chances of activities ever becoming "urgent and important".

3. Work out your goals

Work out who you want to be, your priorities in life, and what you want to achieve in your career or personal life, that is then the guiding principle for how you spend your time and how you manage it.

Once you have worked out the big picture, you can then work out some short-term and medium-term goals. Knowing your goals will help you plan better and focus on the things that will help you achieve those goals.

4. Connect with people

Say yes to invites from people that make you feel like saying "Hell Yes!"

From video chats to phoning and messaging, staying connected is still possible thanks to technology.

With social contact temporarily on hold, our need to stay connected with family and friends still needs to be met. Even introverts are starting to miss people. As well as standard phone calls, get familiar with group calls and video chats on places like WhatsApp and Facebook, and explore platforms like Zoom if you want to chat online to a bigger group.

When did you last take time to write mail that wasn't electronic? A lot of us have forgotten what our handwriting looks like and nobody can deny the delight of a letter from a friend, near or far. Staying connected doesn't mean total reliance on a wi-fi connection, so re-discover the original instant messenger and pen a letter to a someone: it'll make their day, and help fill yours with satisfaction from handwriting instead of constant keyboard typing.

Organize a quiz, test your knowledge – and challenge your friends at your next Zoom party.

5. Maintain a regular routine

As mentioned, having a routine can help you stay focused and productive; from waking up and going to bed at the same time each day to scheduling in activities and household chores. Try to follow your ordinary routine as much as possible.

6. Try to keep active

As well as getting outside (more on that below), there are plenty of ways you can be active indoors too. Cleaning, dancing to music, going up and down the stairs, online workouts…these are just some ideas. Why not get creative and add your own?

There's so much you can do at home to boost your physical and mental wellbeing. Sit-ups, burpees, planks, and other exercises give you great workouts without needing any equipment. And, of course, there's the bottomless trove of the internet for exercise inspiration and free workouts for all abilities.

Yoga is well-suited to doing at home, as it requires minimal space and equipment, and you can do it to fit around your daily routine.

7. Get as much sunlight, fresh air and nature as you can

It's well known that vitamin D, fresh air and nature have a positive impact on physical and mental wellbeing. For those without green space or somewhere else they can exercise nearby, however, there are some ways you can bring a little nature indoors; from simple things like opening your windows to listening to natural sound recordings and (for those who have one) getting out in the garden.

A run or a bike ride to a local park or other green space will help combat cabin fever and take a break from the same four walls. And you won't just be getting exercise. The World

Health Organisation says green spaces are important for improving our wellbeing and helping our mental health.

8. Balance your time

Finding moments to relax and be creative is also important - from arts and crafts to yoga, music to meditation - as is keeping your mind stimulated. Books, magazines, articles, podcasts, films, puzzles…all are great ways to keep yourself entertained and engaged.

9. Become a bookworm

Tired of being taunted by that half-finished biography by the bed? Catch up on all the reading you meant to do but could never prioritise. Why not just peruse your shelves for any book with a bookmark – now's the time to finish it. There's no end of immersive worlds in reading so it's a perfect time to delve into that as-yet untouched novel, or finish one you've already started.

10. Watch a tear-jerker

Swap that rom-com for something less upbeat. A recent study published in the journal Communication Research found that viewing sad or tragic films can actually improve your mood.