



## Foolproof Ways to Reduce Stress While Self-Isolating

Over the summer, we were all able to find low-risk ways to get out of the house and enjoy one another's company. The warmer months have made it possible to meet up outdoors, trusting the fresh air and open space to keep us safe. We were able to build a new version of normal, one that kept our spirits up substantially.

As the weather gets colder, however, and COVID-19 continues to spread, many people are starting to fear the same kind of loneliness and stress they experienced in early spring. After all, gathering in a park in knee-deep snow is hardly appealing. Moreover, weather experts are predicting an especially [harsh winter](#), meaning the opportunities to go out will be even fewer and further between. In the spirit of helping you prepare for the challenging time ahead, [Yoga Michigan](#) has put together these ideas for how to cope with the stress of isolating at home:

### Stay Active

We've all heard how important exercise is for our physical and mental health. In the dead of winter, however, daily exercise can be a bit of a challenge. This is doubly true for people whose main forms of exercise all rely on going outdoors. Running, biking, hiking and more all get trickier - if not outright impossible - as conditions get worse.

If you mainly exercise outside, now's the time to start figuring out an indoor alternative. There are plenty of workout videos online that guide you through all kinds of exercise indoors. You can take a virtual dance class,

try your hand at Tai Chi, or follow a teacher [through a yoga flow](#).

If you're dedicated to walking, running, or biking, consider [picking up a treadmill](#) or exercise bike so you can keep the habit up indoors. Use a fitness tracker or smartwatch to keep track of your activity so you know you're staying on top of your goals. Plus, [certain trackers](#), such as the Apple Watch 6, go the extra mile by keeping you aware of your heart rate and blood oxygenation levels.

### **Connect With Your Housemates**

Most people live with others, whether it's family members, romantic partners, or roommates. This does not, however, preclude one from feeling lonely at home. It's easy for everyone in a household to get wrapped up in [their own thoughts](#) and affairs and fail to connect with the people around them.

While you're self-isolating, however, [fostering connections](#) with the people in your home will be more important than ever before. Consider dedicating an hour each day to one another. This could mean joining together for a [family meal](#), having a [game](#) night, or simply setting aside time to talk without getting distracted by deadlines or devices. You deserve the pleasure of one another's company: enjoy it.

### **Connect With Yourself**

Everyone, whether they live with others or not, will also have to take time during this phase of life to learn how to [connect with themselves](#). The state of being alone does not necessarily mean one must be lonely. Indeed, with practice one can learn how to enjoy their own company and, more importantly, learn how to discover their inner selves to begin with.

So many of us are disconnected from who we truly are. We navigate the world led by a roadmap designed by other peoples' expectations of us. When we learn how to [sit with ourselves](#) - through spiritual practice, [meditation](#), therapeutic skills, and more - we learn how to discover the person within us. Take this time to connect with the person inside you, and to learn how to let that person out.

There will be, undoubtedly, many challenges in the months ahead. Going into this time with a plan, however, will make the challenges far easier to overcome. Give yourself the tools to stay stable despite the hardships.

*[Yoga Michigan](#) works to give people the tools they need to discover the many physical, mental, and spiritual benefits of yoga.*

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