

CABIN FEVER DURING LOCKDOWN: HOW IT LOOKS AND WHAT TO DO?

Wikipedia defines Cabin Fever as:

Cabin fever is an idiomatic term for a claustrophobic reaction that takes place when a person or group is isolated and/or shut in a small space, with nothing to do, for an extended period. Symptoms include restlessness, irritability, paranoia, irrational frustration with everyday objects, forgetfulness, laughter, excessive sleeping, and an urge to go outside even in the rain, snow, dark or hail.

The phrase is also used humorously to indicate simple boredom from being home alone. The term was first recorded in 1918. Other references have the term in use at least to 1906.

Feeling panicky, antsy and claustrophobic are signs of cabin fever. Usually the solution is to get out. **However**, when you can't - here are some practical tips:

- Eat the right food
- Stimulate your brain cells by learning something new, **Sudoku, crosswords etc...**
- Take deep breaths through the nose and then let it out slowly.
- Call a friend
- Cut down on your news consumption.
- Be careful not to binge TV because that can be an escape. If certain people or platforms are making you anxious, take a step back from them.
- Humour is important. Watch funny movies, connect with people that you know are good for you.
- Move around. Don't settle on the couch for the day.
- Make sure you feel productive. (This can mean different things for different people)
- Research your family history and create a family tree.

MOST IMPORTANTLY: remember you are not alone in this. Bring people in to your daily routine!

