

Tips for Coping with ‘Cabin Fever’ During a Shelter-in-Place

Self-quarantine can be challenging but coping with it isn’t impossible. As many of us enter our second to fourth week of self-quarantine, we might be feeling that restless, irritable, trapped, discontented feeling we’ve come to know as “cabin fever.”

Because self-isolation and social distancing is still our best bet at containing the COVID-19 outbreak, it’s more critical than ever to not let our “cabin fever” jeopardize the health of ourselves and our communities.



Connect with nature:

Getting outside is a critical part of mental health, get out and walk. If the outdoors isn’t accessible to you currently here are some options.

Open all your windows. If you can get a breeze moving through your space, it can help things feel less contained and more spacious.

Invest in some houseplants. Houseplants can help a space feel livelier and more connected to the outside world. There are even online stores like **The Sill** that will deliver plants directly to your home.

Immerse yourself in a nature documentary. Let yourself get lost in the sights and sounds of the natural world.

Get some ambient noise going. There are countless playlists and apps that include nature sounds like ocean waves, thunderstorms, birds chirping, etc.



Carve out some quiet time:

Sometimes our “cabin fever” stems from being overstimulated or overwhelmed, particularly if we’re cooped up with other people. Finding a way to access some quiet and solitude can be especially helpful if that’s the case.

Take a mindful shower or bath. Many meditation apps, including Simple Habit, include guided meditations for when you're in the shower or bath, and there are some you can find on YouTube as well.

Try gentle yoga. Gentle yoga can be incredibly helpful in calming our nervous system. These yoga poses for insomnia are great for self-soothing.



If all else fails? Remember that “cabin fever” isn’t forever.

Self-quarantine can be challenging but coping with it isn't impossible. In fact, it can be a great opportunity to get creative about how you make use of your space, while developing new skills in self-care that will be beneficial long after a shelter-in-place.

And more importantly, it means that you're taking the necessary precautions to protect yourselves and your community!

Mims Fit is here for additional health coaching if needed, please feel free to call, text or email us anytime.

