

Quarantine Cabin Fever?

Cabin fever is the feelings of irritability and restlessness when you or a group feels isolated in a solitary location, typically associated with the winter months. Sounds familiar, right? That could be because you are feeling something quite similar, stemming from this quarantine. Many people are experiencing increases in anxiety and depressive symptoms but there are things able to be done to combat the negative feelings.

Mikkelsen, K., Stojanovska, L., Polenakovic, M., Bosevski, M., & Apostolopoulos, V. (2017). Exercise and mental health. *Maturitas*, 106, 48–56. doi: 10.1016/j.maturitas.2017.09.003



While we are supposed to be quarantining, the main purpose is to avoid contact with others who you were not already exposed to on a consistent basis. In this situation, you are still able to get out of the house, so the option to go walk or jog around the neighborhood is still a great opportunity to change the scenery and get some physical activity in.

Try these exercises for 30-60sec for 2-3 rounds for a quick workout at home!

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| 1. Push-ups | 4. Air Squats |
| 2. Jumping Jacks | 5. Planks |
| 3. Lunges | |

Here are a few other ways to remain healthy and active through such a crazy time.

- Maintain diet habits or seek to improve them
 - Focus on maintaining your current diet or even improving it, don't give in to the snacks
- Use and allow your brain time to relax
 - Working from home makes separating work and relaxation, do not be afraid to take breaks and engage in enjoyable activities
- Exercise in any fashion
 - In home workouts are an easy and cheap way to maintain some fitness, any sort of movement can help get those endorphins going