

1) Do something you've always wanted to do

What's that one thing that you've always thought "I'd love to do that, but I don't have time"? Now is the time to do it! It could be starting a YouTube channel or an online business. Or you could launch a blog like I did. Being in quarantine has finally given you the time to do something for yourself so don't waste it. Take the plunge and feel the satisfaction of doing something you love.

2) Make a bucket list of things to do after quarantine

Think of all the things you want to do once this is all over and write them down. You can think as big or small as you want. Decide where you want to go on holiday next or simply which friend you want to see first when the lockdown is finished. One of my favourite things to do is to plan which shows I want to see at the theatre when they reopen. Having something to look forward to can massively boost your spirits.

3) Try a new recipe

If you're an expert in the kitchen, try and make something you've never tried before and treat your family to some fine dining. But don't worry, you don't have to be a great chef to enjoy this activity. You could make a simple pasta sauce or soup from leftover ingredients.