

years of age and younger but anxiety is not limited to just these age groups. For those who are not experiencing anxiety or depression, you may still be experiencing boredom in which the following descriptions below can provide some variety for anyone living a secluded lifestyle, making it more enjoyable and less repetitive.



How to manage Loneliness & Quarantine induced anxiety

From a mental perspective, people can learn to objectively and calmly assess the situation they are in and work to shift their negative thoughts to more tranquil, collective and



understanding thoughts (RTOR, 2020) . Being able to understand why we are in certain predicaments as well as accepting that we are not the only ones dealing with hardship can help take off some stress and self-blame.

Reassuring yourself that this will not last forever and is only temporary can also help ease the tension of how your life may be going currently.

Introducing Exercise

Another composite to healthy ways of dealing with quarantine induced anxiety, depression, or boredom is exercise. An analysis on home-based exercise was taken referencing how it affected anxiety and mental well-being levels in teachers during the pandemic. The article articulates its purpose in demonstrating a slight deviation between those who do and do not exercise during the pandemic in which there is a correlation between stress levels and exercise

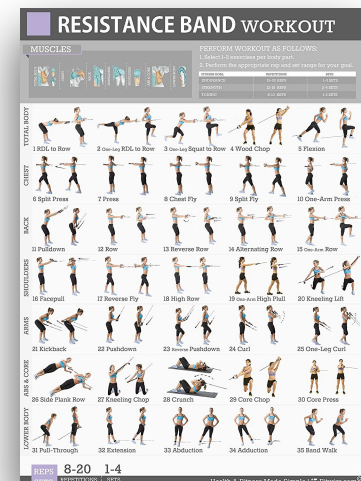
during the 2020 pandemic (Cifci & Abdurrahman, 2020). It was proven that exercise can reduce the body's stress hormones while boosting feel-good endorphins within the brain and mood-elevators. Ways to exercise at home can consist of:



- Cardio Vascular exercise
 - Jogging
 - Jump rope
 - Cycling
 - Swimming
 - High intensity interval training
 - Self-defense training: muay thai, boxing, t'ai chi, etc.
- Usage of resistant bands & medicine balls
- (If applicable) free weights & dumbbells
- Calisthenics



- push-ups
- sit-ups
- pull-ups
- air squats
- planks etc.



Video Games

Another activity that has shown to help decrease anxiety levels is the usage of video games. Anyone can play video games and what better time to indulge in this virtual world than when you're feeling lonely. Video games is an easy way to cope with boredom and anxiety as well as another easy way to communicate



with friends and family. It helps reduce stress and anxiety from a psychological aspect because people are able to detach themselves from their current state of mind and enter a new world. Beating that level or rival opponent is providing a challenge while simultaneously stimulating, both, dopamine pathways and the brain's reward system (Marston, 2020). Much like meditation, video games provides an escape and psychological release that can help reduce:

- Significant amounts of anxiety
- Stress
- Boredom

Video games also help increase:

- hand-eye coordination
- reflexes
- response time
- and delivers feelings of completion and/or competence



Meditation

Furthermore, another process people should use to alleviate symptoms of anxiety, depression, and boredom is to indulge in the practice of meditation. Referencing a meditation blog that explains the origins of meditation and its practices, it explains why people should open their minds to giving it a try. Meditation can be a powerful mediation for stress during periods of extended solitude and loneliness. The reference also gives a guide on how to meditate alongside basic techniques that can benefit new users. Meditation can be seen as a usage of bodily/ breathing techniques that are intended to heighten a state of:

- self-awareness
- attention
- and focus

in which can take the attention away from the anxiety and stress quarantine and loneliness has produced for so many people (Mindful, 2021).

***A pictured deviate of different meditation poses and their uses is presented below.*



Closing w/ Other Extracurricular activities

Lastly, as I continue to encourage the general public to partake in activities for both physical and mental stimulation, other extracurricular activities people can try during dull moments can:

- Cooking
- Art
- Watching movies
- Reading
- Learning a new instrument



or more generally taking up a new hobby.

During worrisome times of dealing with the anxiety, boredom, and loneliness one must reflect upon mental stability and well-being. Staying confined to the borders of home can put a strain on the human psyche but with stimulating activities to occupy your time, you can shift your focus from negativity to how you can create a more productive and robust lifestyle. With enough time and consistency, who knows, these habits may even carry on to daily life after quarantine.

Work cited

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