

Break FREE from Cabin Fever

COVID-19 Health Tips



What is Cabin Fever

Cabin fever refers to the **negative emotions** one experiences when cooped up at home.

Cultivate good habits during this period of physical distancing to prevent cabin fever!



Symptoms of Cabin Fever

- Poor sleep
- Impatience
- Restlessness
- Irritability
- Difficulty concentrating
- Excessive tiredness
- Persistent sadness



FOCUS

- Focus on the positives. Remind yourself that this difficult period will not last forever!
- Find one thing to be thankful for daily!



Tips to Prevent Cabin Fever

ROUTINE

- Stick to a routine. Change out of your pyjamas and avoid long afternoon naps.
- Designate areas around the house for various tasks. Avoid doing work in the bedroom.



EXERCISE

- Stay active! Avoid sitting down for more than an hour.
- Take part in online exercise classes, take a walk or jog in your immediate neighbourhood.
- Exercise your mind e.g. learn a new skill or do crossword puzzles.



ENGAGE

- Spend quality time with family members.
- Keep in touch with extended family and friends using video and phone calls.



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