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WHAT IS QUARANTINE GUILT? FIVE TIPS TO OVERCOME IT

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QUARANTINE guilt is when you are ashamed for not doing more during the pandemic. It springs from the need to better yourself. It comes when you are slightly calm or comfortable. It is usually triggered as you scroll through social media and see your friends meeting daily work-out records, flaunting newly discovered culinary and language skills, or sharing freshly self-renovated rooms.

United Kingdom-based editor and writer Chloe Lane, who focuses on mental health, career choices and lifestyle choices in one of the world's largest international higher education networks, and the Benilde Well-being Center of the De La Salle-college of Saint Benilde understand the presence of such conflict, whether to work on goals or relax through the series of lockdowns.

Here are some tips to get rid of the quarantine guilt:

■ DEALING WITH ALL THESE EXCESS TIMES.

Quarantine gives people more time in their hands. Such time was once spent for physical work, seminars, social events and travel. Forget the hustle, just take it slow. Revisit an old hobby. Find new things you enjoy. Immerse yourself in music. Watch films. Read books. Remember that you are staying at home to remain safe from the virus, and thus you are not required to undergo an extensive self-improvement regimen.

■ SOME PEOPLE THRIVE UNDER STRESS—OTHERS DON'T.

It is great if you are someone who performs well under challenging situations. But it is fine if you are not. Do not feel pressured to compete with others. Everyone has their own bad days. Bear in mind that those Facebook and Instagram posts are resolutely curated, too. Some people opt not to show their downsides online.

■ KEEPING YOUR MENTAL HEALTH AND WELL-BEING IN CHECK IS AN ACHIEVEMENT IN ITSELF.

It is completely normal to feel anxious about current events. Anxiety can affect you more severely than others. Focus on the things you can control. Be aware of who you talk to. Consider where and how often you get information on the pandemic. Allow yourself to be sad if things are not going too well. At the same time, appreciate the littlest joys of the day.

■ EXERCISE IS IMPORTANT, BUT DON'T PUNISH YOURSELF.

Working out has numerous benefits. It improves memory, protects against chronic diseases, and improves the quality of sleep. It likewise reduces feelings of stress, anxiety and depression. While exercise may be good, motivating yourself may be a bit of a drag.

You may consider new and creative ways to get active. Learn a dance move. Walk the dog. Engage in indoor games. Clean the house.

■ **EVERYONE IS WORRIED, EVERYONE IS SCARED— WE'RE ALL IN THIS TOGETHER.**

Do not be too hard on yourself. Focus on the things that make you safe and happy. Remind yourself that no one will judge you on what you have or have not achieved. Remember: We are in the middle of a pandemic. We do not have to be okay all the time.