

A LITTLE BOOK ABOUT

QUARANTINE SELF-CARE

BY IRIS HUIJKMAN

How to print and use this book:

1. Print page '2' borderless (because there is no page '1' if I'm correct), that is a printing setting. You could use a thicker A4 photo-paper to make the cover more sturdy.
2. Put the printed page back in the printer and print page '3' now. Look to the instructions on how to place the paper back in the printer, so you don't print on the same side.
3. Print pages '4 to 23' duplex on A4, make sure you are print in short-side stapling (left) and NOT long-side!
4. Organize the pages by number, if the printer didn't do that already. Fold every page in half.
5. Punch a hole in the middle of the paper, where the four dots are located. Doesn't matter how you do this.
6. Get a ribbon or some rope and tie the pages together. I recommend a needle and a thread. Start from the middle to have the knot on the inside or do it the other way around, whatever you like!
7. If the pages are not equally as long, because they are folded into each other, you could cut the edges to make the sides as smooth as a normal book.
8. If you want the book to be completely flat, lay it under something heavy for a while (like a book).

Keep this book for a later time. When you are in a tough situation, remember that you already overcame this. You survived the Corona-outbreak and there is nothing that can hold you back!

**I never lose.
I either win or learn.**

- Nelson Mandela

STAY SAFE AND STAY HEALTHY

This book is property of:

If lost, please return to:

A WORD FROM ME

Dear everyone,

I used to always think that I was prepared for situations like this, because I watch a lot of tv. But when the time finally came, I was not expecting that we had to stay home all day and do 'nothing'.

Because of the current Corona-virus outbreak, many of us are recommended to stay home and not have any social contact. Some of us might have lost their jobs or got in financial trouble because of this. When times are tough, we are used to make ourselves happy by surrounding us with the people and the places we love. But because of the outbreak, we can't do many of the things that used to make us smile.

My name is Iris Huijkman and I am a Dutch festival blogger/vlogger. Due to the outbreak, many festivals are cancelled and so is my job. Although I am very sorry that I can no longer do what I love, I am not unhappy. Because I know this is bigger than me and I don't blame myself for what is happening. Instead I try to be grateful for the things that already had happened before this, what I have experienced and how far I have already come in life. This whole situation might change everything for me, but that is something I can learn from.

I made this little book for you guys to use and print for FREE, because I care about all of you. It doesn't matter if you are someone who follows my blog daily or someone who has never heard of me before, we are all in this together.

You'll find a lot of psychological exercises in this book, to help you get through this. I am no-way near a professional, but I would like to share with you what helped me during these hard times. If you like the book, please support me by following me on my Instagram @IrisHuijkman.

This book is about how to get happy, during quarantine.

Stay safe and stay healthy.
Iris Huijkman

WHAT DID I LEARN?

You might think that this outbreak was only harming the world. But try to see this from a learning angle. If this whole quarantine situation taught you anything, what would that be?

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BEST LIFE AFTER QUARANTINE

If the stars aligned and gave you great fortune, what would be the best possible outcome for you after the quarantine? How would you describe your ideal life after the crisis. What will you become?

TO DO IN QUARANTINE

Make a list of the things you want to accomplish during the quarantine. You might have some extra time now to (for example): finish a book, learn a new language or FaceTime with your family/friends?

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DEALING WITH CHANGE

In these times a lot can change, but change doesn't need to be a bad thing. You just have to accept it and deal with it in the right way.

How do you deal with change now/normally?

How do you want to deal with change? What would be the ideal reaction?

QUARANTINE POSITIVITY

You might look back at this time as a very negative time, but try to think of the good things about quarantine. Like: people helping each-other, time for yourself and other things you never had the time for...

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MOTIVATIONAL SPEECH

When you ask your friend for advice to overcome these bad times, what motivational speech would they give to you? Try to write a speech like that for yourself! Because, why would you be so hard on yourself? Treat yourself (and others) like you want others to treat you!

A QUICK DE-STRESS

Sometimes we can get overwhelmed by everything that is happening in the world right now. It's important to take a step back and release some tension. Stressing-out about something is not going to help you with handling the situation. Here is a quick meditation exercise:

1. Get comfortable and try to relax all the muscles in your body where you feel tension (back, shoulders and neck).

2. Take 10 deep breaths, in through the nose, out through the mouth. Try to release more tension in the body every time you breath out.

And if you want to take it any deeper...

3. Close your eyes and focus on the breath.

4. Scan your body, starting from your toes all the way to the tip of the head. Imagining filling up your body with warmth. Slowly go up and release the tension of every muscle you'll pass by.

5. When you're all relaxed, try to stay in the moment for as long as possible.

6. Gently wake your body up by wiggling your fingers and toes. Eventually open your eyes.

MOTIVATIONAL QUOTES

Quotes can sometimes help you to see the bigger picture. They can either be motivational or inspiring. Try to find a few quotes that will help you survive the bad days.

HAPPY MEMORIES

What memories that you have of life make you happy and give you strength? What moments do you want to relive and what moments are you proud of? Describe them on this page, however you want: dates, doodles, pictures, stick stuff in here or describe it just with words.

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CHANGE YOUR MINDSET

Sometimes it's the way we think of things that make us negative. We get to see our failures instead of seeing that we learned. We are scared of things, but don't realise that we are overcoming a fear when doing them. How can we change our negative thoughts into good ones?

**WHAT ARE MY WORRIES?
WHERE AM I NERVOUS FOR?**

**WHAT CAN I LEARN?
WHAT'S THE BEST POSSIBLE
OUTCOME?**

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TO CONTACT LIST

Self-isolating can be really boring, but not contacting your loved-ones can even make them/you feel very lonely. Make a list of the people whom you want to contact/video-call during the quarantine.

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NOTE TO PAST SELF

If you could write a letter to yourself from the past, before all of this happened, what would you write? Maybe you could've warned yourself, tell yourself to do things differently or enjoy the last moments out more.

WATCH LIST

What movies or series did you finish or do you want to finish?

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READING LIST

What books or blogs did you read or do you want to read?

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MUST-TRY RECIPES

Never had the time to cook? Or, maybe you always wanted to bake something crazy? Make a list of things you want to make in the kitchen!

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BORED IN A HOUSE?

Staying in the same place for too long can be extremely boring. Here's a list of things you could do around the house to keep yourself busy!

- Tie-die your clothes
- De-clutter (see page 32)
- Watch all the vlogs from David Dobrik
- Learn a TikTok dance
- Try to do a self-photoshoot
- Bake or cook something
- Get addicted to a new game
- Excercise
- Give your pets some more attention
- Watch a quarantine tarot reading
- Tune in at a DJ-livestream
- Learn how to dance from a YouTube video
- Learn how to make the fluffy TikTok coffee
- Pamper yourself (see page 32)
- Draw a self portrait
- Pretend to be someone else for one day
- Learn how to edit your pictures
- Challenge yourself (see page 29)
- Make a quarantine playlist
- Keep a quarantine diary (like Anne Frank)
- Brainstorm about your future plans
- Post a picture of yourself wearing a pillow and a belt as clothing
- Learn a new language
- Give your followers a home tour in MTV Cribs style.
- Sing or dance along to your favorite songs
- Follow a haircut tutorial (at your own risk)
- Watch the old festival vlogs from Iris Huijkman

Remember: this whole corona situation is bigger than you, it's bigger than all of us. Stop blaming yourself or others for this mess.

Yes, it might be hard, you might feel lonely, you might find it hard to adjust or you might even lose faith. But think of it as a way of learning, and be kind to yourself. Acknowledge that these times are tough and the only way to end this, is to go through it.

You will be fine, I promise.

DE-CLUTTERING LIST

When staying home you will finally have time to clean the house, but not only de-clutter your space, but also every other thing in life. Because why not get out of quarantine with a fresh new beginning?

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|---------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Closet | <input type="checkbox"/> Storage/attic/garage |
| <input type="checkbox"/> Furniture | <input type="checkbox"/> Pet/kids stuff |
| <input type="checkbox"/> Floors & walls | <input type="checkbox"/> Organize electronics |
| <input type="checkbox"/> Mirrors | <input type="checkbox"/> Photo-albums |
| <input type="checkbox"/> Bathroom/beauty | <input type="checkbox"/> Cleaning shoes |
| <input type="checkbox"/> Cabinets | <input type="checkbox"/> Emptying bags and pockets |
| <input type="checkbox"/> Food storage | <input type="checkbox"/> De-clutter e-mail |
| <input type="checkbox"/> Windows & curtains | <input type="checkbox"/> De-clutter phone |
| <input type="checkbox"/> Kitchen | <input type="checkbox"/> Throw away all trash |

PAMPER YOURSELF

Why not take this time to care for your skin, body and hair? That nobody sees you doesn't mean you can neglect yourself.

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|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. Home spa
 Warm shower
 Low lights and candles
 Scrub
 Hair mask</p> | <p>3. At-home facials
 Wash the skin
 Toner
 Face mask
 Moisturise</p> |
| <p>2. Shave yourself
 Exfoliate
 New razor
 Foam & Shave
 Bodylotion</p> | <p>4. Mani & Pedi
 Scrub the feet
 Push down cuticles
 (Paint your nails)
 Nail oil</p> |

For best results, repeat step 1 to 4 every week.

GET CREATIVE

When stuck in one place, our mind tends to lose creativity. It's not good for our job or our performance. On this page, try to find ways you can get creative. Maybe try drawing, photographing or dancing.

Ways I can get creative during quarantine?

HOW ABOUT EXERCISE

To keep the blood in the body flowing to the brains and feed you with energy and motivation, you should get some exercise. It doesn't need to be a killer workout everyday, but a little walk, some jumping jacks or some yoga is good to keep your body awake!

How can I do some fun exercises during quarantine?

QUARANTINE ROUTINE

Having the same routine as before you got into quarantine could help with the motivation to get things done. Having the exact same routine is not always possible, so try to make a new routine for yourself that includes staying home. How late will you go to bed and wake up?

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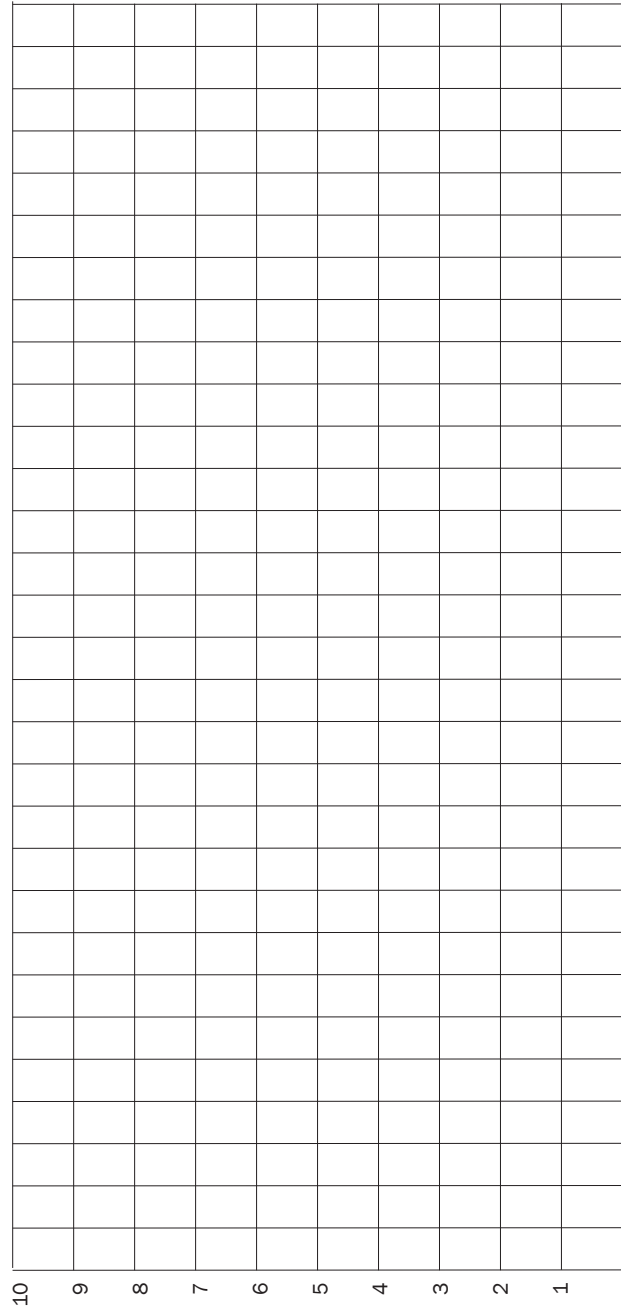
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MENTAL HEALTH CHART

When overcoming these difficult times, you have to accept that some days will be good and some days will be bad. On this page, you can track your well-being/mood for the next 30 days.



Dates →

GET YOUR OUTSIDE INSIDE

Most of us find it hard to stay inside, because they miss life outside so much. On this page, think of creative ways to do the things you did outside your house now in your house. It can be anything from exercising, to visiting festivals, to having a friends get together! There's a solution to everything!

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A series of 30 horizontal lines for writing, with a right-pointing arrow (→) positioned between each line, serving as a guide for the length of the entries.

QUARANTINE CHALLENGE

Think of something weird that you want to have done during quarantine, or things that you want to get done. Maybe you want to make a TikTok during quarantine, exercise everyday, have a fancy brunch once a week or do the split?

CHALLENGE:

HOW MANY TIMES DONE? (keep score)

COMPLETED? YES / NO

CHALLENGE:

HOW MANY TIMES DONE? (keep score)

COMPLETED? YES / NO

CHALLENGE:

HOW MANY TIMES DONE? (keep score)

COMPLETED? YES / NO

WORRIES AND DOUBTS

This whole situation can make you worry and doubt your choices in life. Here's a page to write down what's on your mind.

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Ask yourself after each worry: can you do something about it? If yes, then why are you not changing it? If no, then let the worries go!

ENERGY GIVE & TAKE

Some activities might look very much needed or useful, but actually cost more energy than they deliver. If you do too much of these things in a day and never give yourself time to reload, you will get exhausted.

Write down what gives you energy and what drains it?

THIS TAKES MY ENERGY

For example: arguing with my roommate

THIS GIVES ME ENERGY

For example: cuddling with my pet

GOOD VIBES ONLY

Being 'trapped' in the same house with the same people can lead to irritations. Try to keep the vibe good in your house. Write down positive things about each of your roommates. If you don't have any, write down why it's so good to be stuck with yourself!

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MY FAVORITE THINGS

Sometimes we forget the little things that makes us happy, like the people around us, our favorite movie or song. On this page we appreciate the things that help us get through the hard times.

- Favorite book
- Favorite movie
- Favorite documentary
- Favorite series
- Favorite colour
- Favorite family member
- Current crush
- Best friend
- Favorite meal
- Favorite snack
- Favorite dessert
- Favorite track/song
- Favorite artist
- Favorite item in the house
- Favorite item in general
- Favorite country
- Favorite city
- Favorite place
- Favorite weather
- Favorite clothing item
- Favorite hobby
- Favorite animal
- Favorite flower/plant
- Dream car/vehicle
- Favorite restaurant
- Favorite telephone app
- Favorite hair color
- Favorite bodypart
- Favorite event
- Favorite influencer

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Energy is a currency. When you pay attention to something, you're buying an experience. It's an investment, so spend carefully and only on things that will bring you good in return. Be selective.

QUARANTINE PURPOSE

You might ask yourself: what purpose has this outbreak? But try to think of ways you could make yourself useful during this time. Maybe it could mean a new business opportunity, maybe you can help elderly neighbours or babysit for your friend?

PERSONAL GOALS

Setting goals for ourself is the first step of becoming who we want to be...

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How do you see yourself? How would you describe yourself?

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What kind of person do you want to be?

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What am I going to do to change that?

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SELF AWARENESS

It's good to know what you're doing good and what you can improve.

What are your best qualities? What makes you proud of yourself?

What can others learn from you? What value do you give to this world?

What are your weaknesses? Which things can you improve/learn?

POSITIVE AFFIRMATIONS

It's easy to tell yourself negative things when you're feeling bad. But when you tell yourself positive things every day (affirmations/mantras), even when you feel bad, you can start to believe your thoughts and change the way you think! Try to come up with a few and start telling yourself these things every day.

Example: I will get through these tough times as a better person!

TIP: write the affirmations on sticky notes and stick them to places in the house where you come often, like: your workspace, your bathroom mirror, your toilet and your kitchen.

STOP JUDGING

Social distancing can be very hard. It makes us feel lonely and we forget how to be nice to others. We might judge choices of others, without hearing their part of the story. Complaining is not good for the mind. If you have something to say (to yourself or others), how can we stop judging and instead give tips on how to improve their next choice.

WHEN DID I JUDGE SOMEONE/MYSELF OR SAID/DID SOMETHING MEAN?	→	WHAT SHOULD I HAVE SAID? HOW SHOULD I'VE REACTED?
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DAILY CHECKLIST

When we're in quarantine, we might forget to care for ourself and our surroundings. With this checklist, you'll get back on track!

- Brush your teeth twice a day
- Clean your face mornings and evenings
- Comb your hair
- Put on moisturiser
- Have breakfast/lunch/dinner
- Clean up after yourself
- Do at least 1 thing that's on your to-do list
- Get some fresh air
- Get some movement/exercise
- Eat your vegetables/fruits
- Drink enough water or green tea
- Relax and reload
- _____

AFTER-Q BUCKET LIST!

What are the first things you are going to do when the social distancing ends? Who will you visit, where will you travel, what places will you go or maybe: what will you stop doing?

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GRATITUDE PAGE

Being in quarantine makes us value our old lives more and more. On this page, write down the things you are grateful for in life, that you normally would take for granted.

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