Digital Wellbeing: Tips for Isolation

A few tips for students and staff on getting through social distancing and isolation - from Queen's Digital Skills Discovery Hub (Coming Soon!)

**Look After Your Digital Wellbeing**

**Take time to connect**

Find new ways to keep in touch through digital means. Build online communities and learn how to connect with people in new and different ways. For example, make plans to video chat with people or groups you’d normally see in person. Arrange phone calls or send instant messages. It’s important to maintain contact and support each other through this difficult time.

**Limit your intake of news and streamline information from digital sources**

It’s only natural that we want to keep up to date with events as they unfold, but be careful where you get your news and health information from. Stick to reputable news sources – e.g. keep up to date with Queen’s FAQs and advice and guidance from Student Wellbeing. For health information use the NHS website.

**Set digital boundaries for yourself**

Online communities can provide you with much needed peer support, but also don’t be afraid to set some boundaries. If talk of current events is causing you stress and affecting your wellbeing, think about ditching your device, limit what you look at or the number of devices that you use. Communicate this to friends and connections, so they are aware of it when keeping in touch.

**Find new learning and/or leisure**

You can use digital opportunities to build your knowledge, skills or experiences in a positive way. They don’t always have to be subject specific. If you want to take this opportunity to take an online course, or learn a new skill online. For example, learning a new language or listening to a series of podcasts may add to your learning but also may be enjoyable.

**For the duration of social distancing there are some free courses, subscriptions, online libraries, museum tours, art exhibitions etc. that have been made available online.**

**Get Something Out of Staying in**

**Take an online course:**

**futurelearn.com -** Offers a wide range of online courses to study for free. They have even created a collection of distance learning courses for students affected by the Coronavirus travel ban, and recommended courses for keeping busy during social distancing and isolation.

**coursera.org -** Build skills with courses from top universities like Yale, Stanford, and leading companies like Google and IBM.

**duolingo.com -** Choose from 30+ languages and learn online with bite-sized lessons- using Duolingo's free app or on the web.

**Avail of free E-Resources and E-Books:**

**Browse the library catalogue (QCat) and contact your subject librarian.**

The library regularly updates the online archives, paid subscriptions, databases and e-books which you have access to as a student/member of staff.

**gutenberg.org -** Project Gutenberg is a volunteer effort to digitise and archive cultural works. Choose from over 60,000 free e-books.

**Listen to a podcast:**

There is an impressive selection of podcasts being produced here at Queen's. Whether you want something specific to your subject area, or you want to step out of your comfort zone- we have a podcast for you. From LawPod, to Mpod, to The Seamus Heaney Centre Podcast. Check out what's on offer and get listening!

**Take a trip... to a virtual museum, tourist attraction or catch a show without leaving your sofa.**

**The Google Art Project**

Google has partnered with more than 1,200 cultural institutions from around the world to archive and document priceless pieces of art and to provide virtual tours of museums. **Explore at: artsandculture.google.com**

The Northern Lights can be live streamed from a camera located in Manitoba, Canada. ...Machu Picchu, The Great Wall of China, The Great Pyramid of Giza and The Taj Mahal are just a click away with virtual tours available.

Queen's Film Theatre are bringing exclusive content to you at home through their QFT player. Browse their archive via their website:  **queensfilmtheatre.com/QFT-Player**

Enjoy world- class theatre online with the National Theatre - live streams every Thursday at 7pm (UK time) via their YouTube Channel.

Belfast's own Lyric Theatre have moved some performances online. Subscribe to their YouTube channel and follow **@LyricBelfast** on Twitter for updates.