

Tips for living and working at home with hypopara

Almost everyone around the world is feeling the effects of the COVID-19 pandemic, with social distancing becoming the norm for millions of us. This isolation can be particularly challenging if you live with hypopara and other rare diseases. Now, more than ever, it is important to focus on physical and mental health. Here are 6 things you can do from home to help you stay healthy and happy

1. **Eat well:** Your appetite might change if your routine changes, or if you're less active than usual. Diet is very important in helping to keep your calcium levels up as well as staying hydrated. Parathyroid UK, the patient organization for hypopara in the UK, suggests to avoid consuming too much dairy food and suggests other calcium sources, such as: sardines, kale, almonds, tahini and plant milks and yoghurts that work well on a daily basis.
2. **Continue accessing support:** In case surgeries and outpatient clinics are closed, ask about having appointments by phone, text or online.
3. **Meditation is a great way to reduce stress and anxiety.** Find a quiet place in your home and set a timer for 10 minutes. If you have never meditated before, start off with just 3 minutes, and focus on your breathing. Alternatively, there are plenty of videos that can guide you through the basics, here's a video about how to get started with meditation from Headspace. [Watch](#)
4. **Join the conversation.** The European Commission for Rare Diseases, EURORDIS, have started the #StrongerTogether initiative. They're asking the rare disease community to share a photo on social media of how you're living through the current situation - a selfie with your new work station in the background, the view from your window, a photo with your new co-workers, or the exercise or activities you're doing at home. Take a look at some of the photos that have already been shared on Facebook [here](#).
5. **Consider taking breaks from watching, reading, and listening to news related to COVID-19 to help reduce anxiety and stress.** Find other ways to stay occupied such as puzzles, crosswords, painting, reading, and games to keep you engaged.
6. **Stay connected for fun with friends and family digitally.** Make plans to video chat and try different activities such as, games or group exercises with people or groups you would normally see in person, using your preferred way of video calling. If you have a family that you're isolated from, fortunately you can still enjoy the classic family-friendly activity – going to the zoo. Zoos and aquariums across the world have organised livestreams of their animals. Connect with family or friends via a call and jump onto a livestream at the same time to experience the fun of the zoo from home. Here are some links to some of the best live streams from the [Melbourne Zoo](#), the [Giant Panda Cam](#) at the Smithsonian Zoo, [Monterey Bay Aquarium](#), and [San Diego Zoo](#).

