

Peanut's community of pregnant women have shared their top tips for weathering isolation and loneliness during lockdown. Here's what's keeping them coping:

1. **Find a routine:** It may be obvious but establishing a daily routine can give you a sense of purpose and help you feel more in control. Set yourself different tasks to make sure every day has a significant beginning, middle and end
2. **Create a stress-free zone:** It can be hard when your partner is working from home, so it's important to create a space, away from any stress, that feels like 'yours' and is a calming place you can retreat to when work calls are going on
3. **Baking:** A fun way to keep busy is with baking. Watch Bake Off and then set yourself the task of taking on a technical challenge or showstopper each week. You'll satisfy any sweet cravings too
4. **Get Fresh Air:** Get out of the four walls of your house and catch some air. Try and explore a new part of your neighbourhood each day. Fresh air is a great remedy for everything
5. **Call a different person everyday:** When your baby arrives you'll find it hard to keep up with friends so take the opportunity to have phone chats with different loved ones
6. **Connect with other mums:** You may not be able to get out and meet women at the same stage of pregnancy as you, but there's a whole community on the Peanut app, and you can connect by similar due-date
7. **Get moving:** Get endorphins flowing by practicing pregnancy yoga or doing some exercise each day. Just 15 minutes can ease any aches and help you to relax
8. **Join a virtual book club:** There's loads out there - and reading a good book is a surefire way to escape and get wrapped-up in someone else's dramatic, fictional life
9. **Get arty:** Creating something is a great way to practice mindfulness and allow your brain to wander. Pick-up a skill like block printing or calligraphy with a few simple materials
10. **Keep your brain stimulated:** It's very easy to drift into a negative headspace when you read the news, so limit how often you check it and find ways to keep your brain stimulated in uplifting ways, such as meditating or listening to podcasts