

# Activities While Social Distancing

## General Things to Consider:

- Try to not spend too much time on social media. It can be easy to want to sit and scroll through your phone but sometimes media can cause negative thoughts, stress, and anxiety.
- Maintain a consistent sleep schedule. It may be tempting to go to bed late, but going to bed near the same time every night is a great practice for your health and well-being.
- You are not alone. Reach out to your friends and family and find ways to stay in contact. Plan a virtual game night, join an online book club, or just call someone you are close with.

## For the Avid Learner

- Go on a virtual museum tour. Many museums have opened up their doors to the online world. Check out Google Arts & Culture or do some online research to find other museum tours.
- Read a book. May seem obvious but sometimes you need a reminder to pick up that book that was started a few months ago.
- Write your own movie review. Become the film critic that you secretly always wanted to be and maybe even share some of your reviews.
- Sign up to learn a new skill. Services like skill share offer online classes for a large range of topics, spend some time exploring a new hobby.

## For the Adventurer

- Figure out your dream adventure and do some research. Spend time reading reviews, travel blogs, or even make a potential itinerary for that trip one day.
- Write an adventure story. Writing can be a great way to relieve stress, and besides you can share your stories with others who may be looking for something to read!
- Meditate. Spend some time emptying your mind, being still, and relaxing. Check out Youtube for some helpful self-guided meditation videos to get you started.

## For the Foodie

- Try that new or challenging recipe! You know that recipe that you see constantly appearing on your social media feed but have never had time to try? Now is your time to give it a go.
- Film your own cooking tutorial. Post it for friends or keep it as a memory.
- Have you been contemplating starting a food blog? Now is your time to get that blog up off the ground.
- Create a bracket of your favorite snacks, restaurants, fast food options, fruits and vegetables. Publish your bracket to your friends and see who people crown as the winner.

## For the Get-Up-And-Go

- Dust off the board games. Scrabble? Catan? Risk? UNO? Pick out some games and have a fun afternoon.
- Puzzle Time! Have a puzzle book that has not seen the light of day in a long time? Crack it open. Pull out a big jigsaw puzzle and get to assembling.
- Do that one thing you have been avoiding. This could mean taxes, cleaning out your closet, or even organizing those pesky pots and pans.
- Maintain a daily schedule and routine. Having a set time for activities, work, and life can help make the day not seem as long and provide a useful way to orient your day.