

# THINGS TO DO DURING COVID-19

“Home is where love resides, memories are created, and laughter never ends.”  
– Unknown

## COPING WITH CONFINEMENT:

Although quarantine/social distancing has been challenging for some of us, it also presents a great opportunity to reflect on our priorities, try new things, and reengage in activities that we may not have had time for in the past.

### KEEP YOUR MIND OCCUPIED:

Everyone is panicking and is in a constant state of fear. Take out the yoga mat, breathe in and out, stay grounded and be present in the moment:

- **Meditate:** download apps such as Breathe or Calm to help you relax and focus on breathing.
- **Read:** organize a virtual book club meeting. Complete word puzzles jigsaw puzzles or play electronic games.
- **Make a playlist** of your favorite songs or podcasts.
- **Garden:** Spring has sprung. Take on that *gardening* project you never got around to completing last year.

### SELF-AFFIRM

This is an opportunity to recognize and value one's worthiness and importance.

- Take time daily to **journal**, write a list of things that make you happy, or write a story or poem.
- Go through old **photos** on your phone or in photo albums and find those ones that make you happy. Reflect on the feelings associated with these memories.
- Partake in a **random act of kindness**. Call and check on a neighbor or volunteer on -line.

### TRY NEW HOBBIES:

Learn a new skill or enhance a skill you already have.

- Visit **museums** from the comfort of your own home. Try Google Art and Culture to take a virtual tour of your favorite attraction.
- Learn a new **dance** or try your hand at a new sport. Many companies are offering **free online interactive classes** such as karate, yoga, and Zumba. You can also use You Tube Tutorials.
- Learn to **cook** or create a new dish. Cooking can be relaxing and comforting.
- Take an **online class** and learn a new language or take a course on how to redecorate a room.

### SITES:

**Freeflys:** List of free resources during the COVID-19 outbreak, including free dance classes, free food, and free resources for kids!

<https://www.freeflys.com/free-stuff-freebies/free-resources-during-the-coronavirus-covid-19-outbreak/>

**Woodtv:** Free at-home workout courses to stay active!

<https://www.woodtv.com/wotv4women/free-at-home-workouts-that-will-keep-you-fit-during-covid-19-pandemic/>

