WAYS TO STAY OCCUPIED

During time of isolation people may experience boredom, anxiety, depression, and loneliness. Try these tips to stay busy during social distancing.

- Call a loved one
- Bake your favorite dessert
- Try a new recipe
- Read a book
- Exercise outdoors
- Talk to a friend
- Set a daily schedule
- Buy groceries and drop them off for someone who can’t go out.
- Write a heartfelt note to someone
- Start writing in a journal
- Create a virtual book club
- Get creative
- Clean your home. Get ahead on spring cleaning.
- Reorganize and donate items
- Plan a family game night or create a virtual game night with friends