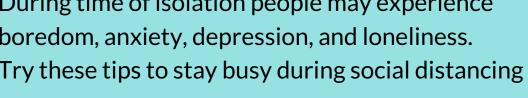
## WAYS TO STAY **OCCUPIED**

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





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











