

# 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**

