

Here are some activities to do while social distancing!

- Mindfulness Activities
- Journal or start writing that story you've been thinking about
- Watch those movies that you didn't get a chance to see in theaters
- Call or Facetime an old friend or family member and catch up
- Listen to a new album and get your groove on
- Host a family (roommate/flatmate) dance party (6 feet apart)
- Go through your photos and organize them
- Check in on older adults in your life or in your community
- Donate to local nonprofits
- Sort through clothes that you can donate to local organizations
- Declutter your physical space to help declutter your mental space
- Watch family videos or create new ones!
- Play an instrument or sing your heart out
- Share stories around a fire (either actual one indoors or use Netflix's fireplace feature)
- Read up on something you're passionate about (or read Harry Potter)
- Baking is still very much allowed, so make something sweet
- Board Games/Computer & Video Games/Card Games
- Indoor Scavenger Hunts
- Spend time outside (go for a walk around the block, hang in your yard or on your porch)
- Play with your pet! They can't get COVID but they can feel your stress. Give them extra love while you get to be home with them <3
- [Go on a virtual tour of different museums](#)
- Watch online concerts on YouTube
- Meditate
- Yoga
- Make a vision board
- Love yourself and the people around you

*These are from the CDC, SAMSHA, and Positive Psychology.*

Thanks to **Patricia Canessa, MA, MBA, PhD**  
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For sharing this information from

- [Managing Anxiety and Stress During COVID-19](#)
- [Mental Health Tips for Social Distancing](#)
- [Taking Care of Behavioral Health During Quarantine](#)

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