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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Feinberg School of Medicine
Director Diversity and Health Equity
Illinois Public Health Association
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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