

Health Enews

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Things To Do While at Home Because of COVID-19

While everyone is constantly told what you CAN'T do, what if we changed our perspective and begin to consider the things we CAN do?

Ways to Occupy Your Time

- Learn a new hobby using YouTube tutorials.
- Text, call, or Facetime/Skype friends and family to stay connected.
- Go for a drive, even if you don't have a particular destination in mind.
- If you have a dog, teach them a new trick.
- Start journaling.
- Get dressed and ready for the day, even if you aren't going anywhere.
- Find a good Podcast.
- Learn a new language. Duolingo is a free app that allows you to learn and practice a new language.
- Go for a walk.
- Make time to pray and meditate on Gods Word.
- Learn how to do something you've always wanted to do, but never had time.
- Make a "to-do list" and complete it each day.
- Don't dwell on the darkness of the day. Find the brightness in the world too. Even during pandemics there is a light at the end of the tunnel.
- Remember that stress and negativity are contagious. But so is positivity and hope
- Be present with a listening ear for someone that is nervous or anxious about the present conditions. If someone wants to talk, vent, brainstorm, laugh, cry or anything in between—sometimes the best thing you can do is offer a listening ear.



While our world is a scary place right now, feeling scared, overwhelmed and uncertain is completely normal. However, you can still try some of the above tips to stay positive during this time. Make sure you are taking care of yourself and staying connected to friends and loved ones.

<https://www.yahoo.com/lifestyle/40-things-while-youre-stuck-220813077.html>

<https://breaktheframe.com/you-can-do-during-covid-19/>