

WHAT TO DO

1

MOVE YOUR BODY



2

KEEP IN TOUCH

3

FIND A NEW
NORMAL



4

GET OUTSIDE

5

TRY SOMETHING NEW



RESOURCES

1

MOVE

run - walk - bike

various free 30-90 day subscription to online classes including but not limited to:

- <https://www.onepeloton.com/app>
- <https://barre3.com/>
- <https://www.youtube.com/user/yogawithadriene>
- <https://dailyburn.com/register/3e4fc8/index.html>

2

KEEP IN TOUCH

write a letter - phone call - zoom/skype/facetime

3

FIND A NEW NORMAL

- every night before going to bed, create a schedule for the next day. Try including the "mundane" events such as unloading the dishwasher, making your bed or feeding your dog
- focus on things you can control versus what you cannot.
- be mindful of the amount of time you are spending consuming COVID-19 related news.

4

GET OUTSIDE

explore local parks - hike local trails

- <https://www.ijams.org/>
- <https://www.nps.gov/obed/index.htm>

5

TRY SOMETHING NEW

- take an online class
 - <https://havenpsychacademy.teachable.com/courses>
 - <https://classes.brit.co/learn/>
- mindfulness
 - <https://www.headspace.com/>
- read a new book
- clean/organize an area you have been putting off
- bake bread
 - <https://www.splendidtable.org/recipes/five-minute-artisan-bread>)