

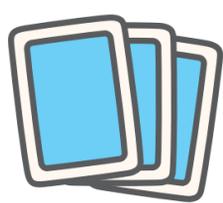
10 THINGS TO DO WHILE PRACTICING SOCIAL DISTANCING

While we all do our part in preventing the spread of COVID-19, social distancing has become our new norm. There are still many things you can do to take care of your physical and mental health while practicing social distancing. Here are a few ideas to help reduce stress and remain productive during this unprecedented time.



SPEND TIME OUTDOORS.

The weather is getting better. Fresh air and vitamin D do wonders for the body. Take a walk with friends, family (keeping a six foot distance) and especially your pets. Visit a [State Park](#) and have a picnic lunch.



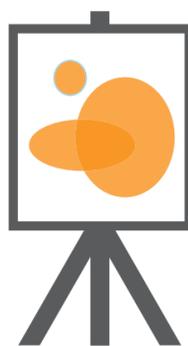
PLAY GAMES.

Still mad you lost at [Old Maid](#) to your six year old last year? Now's the time for a re-match. Dust off the games from your closet or consider some of these options:

[Best board games on Amazon](#)
[Games to download](#)
[Learn a new card game](#)

TAKE UP A CRAFT.

You don't need to be Martha Stewart to be crafty. Unleash your creative side. Whether you're looking for a craft to escape from your daily routine or to entertain little ones, here are some great resources: Make homemade [play putty](#) and [play dough](#) [DIY crafts for anyone](#) Learn how to [knit](#) and [crochet](#) - You can buy supplies and find free patterns at [Ravelry](#)



READ OR LISTEN TO A GOOD BOOK.

By the end of a day filled with video conference calls, online classes and/or numerous toddler meltdowns, escaping into a good book is just what you need. Many libraries are closed but still offer ebooks and audiobooks. Check out these available resources:

[New York Times Best Sellers](#) | [Most Popular Books in 2020](#) | [Top Kindle Downloads on Amazon](#)
[Top Audio Books on Audible](#) | [Librivox \(free audiobooks\)](#)

TRY A NEW RECIPE.



Your afternoon commute just went from hours to minutes, thanks to COVID-19. Use this new-found time to try out some new recipes.

Make a meal with shelf-stable pantry ingredients. [Explore these meal ideas](#)
[5 tips from chefs on cooking from your pantry](#)

If you are well stocked, make something delicious with celebrity chef, [Joanne Chang](#).
[Chocolate whoopie pies](#) | [Homemade oreos](#)
[Chocolate chip cookies](#) | [Sugarless dessert](#)

Need a challenge?
 Learn how to make a [French baguette](#) or perfect your [pie](#) making skills

[Throw a virtual party](#)



STEP AWAY FROM THE SCREEN.

Putting limits on screen time is good for children AND adults. Consider other media types to consume your information.

Try a podcast instead:

[Listen to a good story on The Moth](#)
[National Public Radio shows and podcasts](#)
[Time Magazine's list of the 50 best podcasts](#)

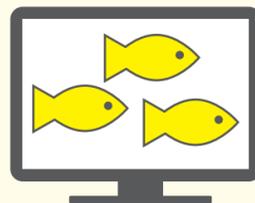
GIVE BACK.

Research a charity to donate your time and/or money:

[Read this article on how you can help during this difficult time.](#)
[American Red Cross needs blood](#)
[YMCA's across the country are staying open to provide care for the children of healthcare providers and essential personnel](#)
 Consider a [donation](#) to your local YMCA.



FIND SOMETHING RELAXING TO WATCH.



Studies show that aquarium-watching helps reduce stress and anxiety, increase feelings of relaxation, and decrease heart rates. Whether it's beautiful music, exquisite sea creatures or majestic zoo animals, make time to unwind and take in some these stress-reducing views:

[17 museums offer virtual tours](#)
[The Metropolitan Opera is offering nightly free streaming of past performances](#)

Live webcams:
[San Diego Zoo](#)
[Smithsonian's National Zoo](#)
[Monterey Aquarium](#)
[Penguins are free to roam in Chicago \(and having a blast!\)](#)



BREAK YOUR NEWS CYCLE.

Studies show that excessive news consumption (especially in a time of crisis) is harmful to your mental health and productivity. Take a break from the news and try out some of these healthier alternatives:

[Check out these 5 free meditation apps](#)
 Have a good laugh: [Don't have a treadmill, no worries](#) | [Babies "cracking up"](#)
[Start a new series with a comedy or light drama](#)
[Find the best at-home workouts for you](#)
[Learn a new language with Duolingo](#)

SEEK OUT #COVIDKINDNESS.

People across the globe are supporting each other with random acts of kindness, during these difficult times. Warm your heart with these uplifting stories:

Watching the citizens of Italy will remind you of the true nature of the human spirit: [Applause for healthcare workers](#) | [Healing the community with song](#)
[Tonka the therapy dog visits the windows of a senior center](#)
[Two children put on a porch concert for a neighbor \(at a distance of course\)](#)
[Army vet makes hand sanitizer and donates the supply to those in need](#)



We hope these ideas help you practice social distancing while enjoying time at home.

STAY WELL AND HEALTHY.