

Well-being at Home

10 Things to Do at Home

Having so much time to spend inside can be a blessing and a curse. It is easy to start to feel a little stir crazy. Instead of letting those feelings get the best of you, check out the list below for some ideas of things to do during this time.



Read a book.

Do you have a book lying around that you have been meaning to read but haven't found the time? Now is the time!



Practice self-care.

Taking time for yourself is perfectly okay; in fact, it's encouraged! At the end of the day, take a relaxing bath, or do a skincare routine to take care of yourself.



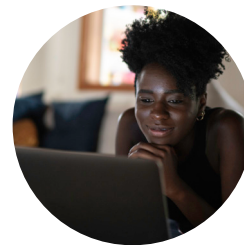
Go for a walk.

Whether you live alone, have a roommate, kids, maybe a pet, you can take advantage of getting outside and taking a walk. Just getting some fresh air can help your mood so much.



Start a hobby.

If you have always loved to paint or draw or cook, now is a great time to get back into that hobby. The best part? You can do it alone or with your family!



Watch a movie.

Taking time at the end of the day to unwind by watching one of your favorite movies is another great idea. You could even find a new movie on Netflix, Hulu, Amazon, or whatever platform you use!



Play a game.

Open up your game cupboard and pull out a game or two. If you don't have anyone to play a game with, you could grab a deck of cards and play solitaire!



Get some exercise.

There are endless resources on the internet for exercises/workouts to do at home. Try finding a workout that looks fun and do that in your home. If it's nice outside, you could even do it in your yard!



Connect with loved ones.

Even if you aren't physically with anyone during this time, you can still stay connected with your family and friends. Give your parents, siblings, grandparents, friends, whoever a call and catch up!



Organize.

Staying organized can be difficult. Now is a great time to organize your closet, or pantry, or whatever you have been putting off. Plus, it is a great way to get a jump start on your spring cleaning!



Stay safe.

Although these times can be scary and uncertain, do everything you can to keep yourself and your family safe. Be sure to follow handwashing guidelines and regularly disinfect any surfaces in your home that are touched daily.