



# WHAT TO DO WHILE PRACTICING SOCIAL DISTANCING



## **READ A BOOK**

Reading is a great activity to do at home, and with the whole household. Reading helps reduce stress & relax the mind and body.



## **COOK A NEW RECIPE**

Try cooking some new or old favorite recipes at home. This is an activity the whole household can help with!



## **STAY CONNECTED**

Social distancing can feel lonely. Connecting remotely with loved ones regularly can be helpful. Call a friend, video chat with a coworker, or write a letter to a loved one.



## **EXPLORE NATURE**

To escape the house, or to get some exercise, getting out into nature is a great way to reduce stress and anxiety. Just remember to keep your distance from others while you are out!



## **WORK ON A PROJECT**

If you are feeling restless at home, or need an activity for children who are home from school, consider doing a craft, home, or science project.



## **PRACTICE SELF-CARE**

It is important to do activities that help you feel good in your mind and body. These are different for everyone, but can include meditation, exercise, and connecting with loved ones.



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