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.

FOR INFORMATION ON MENTAL HEALTH AND RESOURCES PLEASE VISIT: www.chathamnc.org/mentalhealth

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