

# Social DISTANCING

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## GUIDE

**SAFETY TIPS:** WASH HANDS OFTEN, CLEAN SURFACES, KEEP HAND SANITIZER NEARBY

### CREATE A MORNING ROUTINE:

- STRETCHES OR MEDITATION
- EXERCISE
- AFFIRMATIONS
- GRATITUDE JOURNAL
- COOK HEALTHY MEALS
- MAKE A SMOOTHIE

### CLEAN, DECLUTTER & ORGANIZE:

- DEEP CLEAN BEDROOMS/ BATHROOMS
- DECLUTTER CLOSETS & DRAWERS
- DONATE ITEMS NO LONGER NEEDED
- CATEGORIZE YOUR BELONGINGS
- CLEAN WINDOWS, FRIDGE & DESK

### STAY CONNECTED:

- HAVE A NETFLIX WATCH PARTY
- VIDEO CHAT WITH FRIENDS AND FAMILY (VIA WHATSAPP, ZOOM, OR GROUP FACETIME)
- TEXT CHECK-INS
- PHONE CALLS.
- HAVE HAND SANITIZER NEARBY

### WORK FROM HOME:

- FIND A ONLINE JOB
- CREATE A WORKSPACE AREA
- SCHEDULE IN BREAKS
- FIND WAYS TO KEEP FOCUS
- DON'T WORK PAST YOUR WORK HOURS

### ACTIVITIES YOU CAN DO AT HOME:

- READ BOOKS ON YOUR BOOKSHELF
- EBOOKS BOOKS FROM LIBRARY
- WRITE A LETTER
- WATCH TV (*NETFLIX, HULU, APPLE TV, CRAVE, DISNEY+, AMAZON PRIME & ECT*)
- VIRTUAL MUSEUMS TOURS
- BOARDWAY LIVE ONLINE
- LISTEN TO PODCASTS
- CREATING MOOD BOARDS

### SELF CARE:

- SELF EVALUATE YOURSELF
- VIRTUAL THERAPY (*TRY TELETHERAPY*)
- SPA NIGHT WITH BEAUTY MASKS
- GET ENOUGH SLEEP

### LEARN A NEW SKILL:

- BLOGGING, COOKING, ART
- DRAWING, KNITTING, PHOTOGRAPHY
- MUSIC, SEWING, NEW LANGUAGES
- DANCING, WRITING, GARDENING