



COVID-19

Self-Care and Entertainment Options

Facebook – Use Messenger to reach out to people you have not had contact with recently. Tell them the role they played in your life.

Text/Call – Organize a group of people (or one person) you want to stay in contact with daily.

Libby – Sign up for your free library card and download books/music/books to your phone, tablet or computer.

Journal – What we are experiencing will be taught as history to future generations. Some prompts:

- How have these changes impacted you physically, mentally and emotionally?
- Have you become more informed of politics and current affairs? What are you observing? What are your thoughts?
- What insights are you gaining each day (emotionally, financially, physically and relationally)?
- What brings you joy today? How is that different than before COVID-19?
- How will this experience alter the way you think, feel or behavior in the future?
- What are you looking forward to?
- What are your fears?
- What words of wisdom would you pass on to future generations?

Gratitude – Pay attention to acts of kindness toward you, the acts of kindness you extend to others and the acts of kindness you see around you. Reflect on these each evening by identifying the act and how you feel about it.

Balance – Stay informed with facts and balance this with something that makes you smile or laugh.

Art – Express yourself through poetry, drawing, painting, doodling, playdough, coloring, crafting, etc.

Home projects – Tackle household projects, like cleaning or organizing a cupboard or closet, painting a room and decluttering the basement.

Refer to the [Employee Covid-19 Toolkit](#) for most current guidance

Free Learning – For adult learners, Massive Open Online Classes (MOOC) are widely available for free. Google “Free MOOC” and your area of interest to find adult education options.

Netflix Party – If you and your friends/family have Netflix accounts, create a “party” that enables you to all watch the same movie while simultaneously chatting in real-time.

Outdoor Activity – Go for a walk, sit outside, listen to the birds, take in your surroundings or do some yard work. The fresh air will do you good.

Relaxation – Take a hot shower, listen to relaxing music, light a candle or take a breath. Relax. Repeat.

Plan your next adventure – Plan an activity to look forward to once the social distancing recommendation is lifted.

Virtual Tours - Visit a zoo, natural park or museum virtually. Google your options and have a fun trip.

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