

9 Things

YOU CAN DO AT HOME WHEN YOU'RE STUCK IN SELF-ISOLATION

#flattenthecurve #NashCountyHealthDepartment



01



LEARN AN INSTRUMENT or practice one you know

Learning a new instrument and playing music is believed to enhance verbal memory, spatial reasoning and literacy skills!

TRY OUT A FUN RECIPE and then enjoy the meal

Cooking can be a very emotionally fulfilling activity with therapeutic benefits. Plus it gives you a reward at the end!



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PRACTICE MEDITATION and stay mindful

Pandemics can be very stressful, and it's easy to get restless when you're isolated at home all the time. Meditation and yoga can keep your mental health sharp and your anxiety down.

SPEND TIME WITH PETS they likely won't mind

If you have a pet, they are experts at being left alone and are probably pretty excited to be stuck with you all day. Spend some time with them – they likely won't mind.



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TACKLE THAT BOOK that you've ignored

Day to day life is busy, and many people often wish they had time to read more. In fact, 24% of American adults haven't read a book in the past year. Use this time to learn or just take in a good story.

PLAN VIRTUAL HANGOUTS with friends & family

Keep in mind, we are all going through a pretty tough time together. So spend time to hang out, just virtually. Use tools like Google Meet or FaceTime to stay social, even if it's just to have a coffee or a meal together.



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PICK UP A NEW TV SHOW finally an excuse to binge

It always seems like there's more productive things to do rather than binge watching a TV show, but now is the time to finally do it guilt-free. Ask for recommendations or check out what's on Netflix!

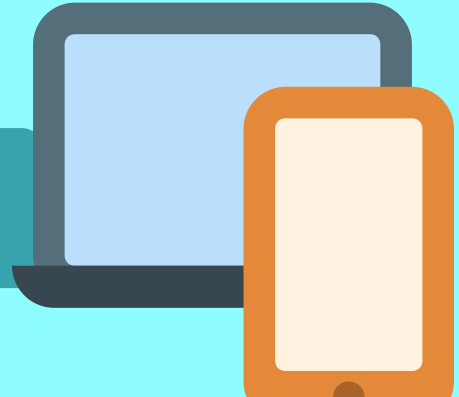
CLEAN AND ORGANIZE it's time to get it done

Now you don't have an excuse *not* to declutter and finally attempt Marie Kondo-ing your home. Besides, you'll feel less stressed with a clean home.



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HELP SPREAD TRUTH not panic and fear

It's important that people are not being given false information. In order to reduce the spread of COVID-19, we need to practice social isolation. Share tips and information with family and friends, and encourage them to stay home.

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