

Seize the Opportunity for Staying at Home!

What if home quarantine was a BLESSING?

Many of us have found ourselves stuck in home in social isolation. This experience will likely feel inconvenient and uncomfortable.

Many times the way we frame situations in our mind can make us feel worse. We may feel bored, lonely, anxious, or depressed.

What if, instead of letting those feeling of impending doom creep in we assumed it as a blessing in disguise?

What if we could use this unexpected gift of time to rejuvenate our lives, discover new passions, and do those things, you never have time for?

This list is some ideas and suggestions to help you find new passions, utilize our wellness tools and keep engaged during this time.



Healthy Tips to Remember

You want to **keep a healthy daily routine**, which includes exercise, social interaction and sleep.

Use a calendar or agenda to make sure you plan your days and week. Pick a small home task or wellness tool for each day.

Be mindful of watching the news, and using social media as it can cause more stress. It is important to know what is going on in the world and in your community; however, it is healthy to put limits on this. Be mindful that when we are on the computer or phone we can often “go down the rabbit hole”. The next thing you know 4 hours has passed by and you have been inundated by negativity.

Try to avoid negative stimulus such as the news and social media first thing in the morning when you wake up. Many people reach for their phone first thing in the morning, then get inundated by negativity as well. That is not a way to **start your day off positively and hopeful**. Also, be mindful in the two hours prior to bed. You want to ensure the time before bed is relaxing and not full of stimulating activities; drinking caffeine, exercising, using screens before bed (smart phones, tablets, computers, etc.), and watching TV in bed, using recreational drugs or alcohol. What you want to do is create a bedtime routine to cultivate a positive sleep environment. This will help to decrease the anxieties and stresses to flood you mind right before bedtime. Things you can do at least 30 minutes before bed time to help you “wind down”; start by putting on your pajamas, turning the lights down low, putting on some soft music, and reading a book or listening to a guided meditation. This routine can help tell your brain that you'll be going to bed soon instead of abruptly shutting off the lights all at once and expecting your body to go to sleep.

Remember we are all in this together.

Reach out to friends, family, neighbours and of course your health care providers.

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108 Wellness Tools

1. Practice deep breathing- in through your nose, out through your mouth
2. Do a puzzle
3. Draw, paint or color
4. Listen to uplifting or inspirational music
5. Blow bubbles
6. Squeeze an ice cube tightly
7. Pet your cat or dog
8. Clean or organize a space
9. Make your bed
10. Play a game on the computer
11. Turn on all the lights
12. Sit in the sun and close your eyes
13. Make a collage showing a positive future
14. Suck on a peppermint, chew gum
15. Try an eLearning Course
16. Sip a cup of hot chocolate or tea
17. Compliment someone
18. Read
19. Listen to inspirational tapes
20. Practice a relaxation exercise
21. Try an online fitness video from YouTube
22. Write yourself a nice note & carry it in your pocket
23. Play solitaire or another card game
24. Do the dishes
25. Go for a brisk 10-minute walk
26. Dance to music
27. Call a friend
28. Organize your CD's
29. Write positive affirmations on note cards & decorate
30. Go outside and listen to nature
31. Rearrange your bedroom
32. Work in the garden or flower bed
33. Sew, knit, and crochet
34. Do yoga
35. Watch a funny or inspirational movie
36. Make a collage with pictures of your favorite things
37. Squeeze a stress ball
38. Journal
39. Write a poem
40. Paint your nails (not red or black)
41. Make a gratitude list
42. Scream into a pillow
43. Walk, run, jog, bike
44. Jump rope
45. Smell a flower & touch the petals
46. Play a musical instrument
47. Do a good deed
48. Shoot hoops
50. Sing your favorite song out loud
51. Do a face mask
52. Sit inside, close your eyes and listen to the rain
53. Use some good smelling lotion, or essential oils
54. Rediscover a dusty appliance
55. Write down how your feeling & why, read 1x & put it away
56. Try a new recipe or save recipes and make into a new cook book
57. Visualization- close your eyes and imagine yourself in a beautiful place- how does it smell, what do you see, what do your hear, what do you feel...
58. Write something positive about yourself for every



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letter of the alphabet- decorate it & hang it where you will see it every day

59. Reminisce about some of your favorite memories

60. Slowly eat one piece of your favorite candy

61. Write a letter to someone

62. Do some yoga

63. Volunteer

64. Offer to walk a neighbor's dog



65. Find a safe, quiet place to sit & stay there until you know you can be safe

66. Look at pictures in a nature magazine

67. Write a fairy tale

68. Draw a cheerful picture outside with sidewalk chalk

69. Pray

70. Recite the serenity prayer

71. Print your favorite Bible verse on a card & memorize

72. Decorate your mirror with positive affirmations and your favorite photos

73. Do a crossword, seek & find, or Sudoku puzzle

74. Visit an inspirational website (try www.values.com)

75. Write a thank you note to someone

76. Put on your favorite outfit

77. Call a hot line

78. Do your makeup

79. Read the comics

80. Draw a cartoon

81. Paint inspirational words on rocks

82. Make friendship bracelets & give one to someone

83. Blog

84. Slowly sip a glass of cold water

85. Go on a walk, take photos of flowers on a cellphone

or camera- challenge yourself to find 15 different kinds

86. Talk to a stuffed animal

87. Clean 1 room of your house

88. Walk to the park

89. Wash & style your hair

90. Nap

91. Get some positivity into your social media feed

92. Google your favorite magazines or find new ones that interest you

93. Pray

94. Play a board game with someone you live with

95. Throw a foam ball at an empty wall

96. Stare at a picture- notice all the details & create a story using those elements

97. Research training opportunities

98. Draw random designs & color them in

99. Turn your designs into cards

100. Write a list of compliments about a friend or support & give it to them

101. Make & decorate a foam or paper frame for your favorite photo

102. Write an inspirational quote and stick on your mirror for a daily reminder

103. Read a joke book

104. Pick out 5 of your favorite jokes & tell them to others

105. Make an inspirational banner for your room

106. Write poetry

107. Try some science experiments

108. Join a virtual support group

107. Research something that you enjoy

108. What ideas can you come up with? 😊



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Your Home, Your Sanctuary



Rooms you may have in your house

Entrance Way

Living Room

Childrens room(s)

Kitchen

Playroom

Bathroom (s)

Dining Room

Bedroom

Garage

Make a checklist for each room

Wash/Fold Clothes

Spot clean carpets

Windex glass doors/windows

Sort papers/files

Wash the bed sheets

Go through deep freezer

Sort the junk drawer

Wash floor

Organize spices

Clean one room at a time

Dust high and low

Organize cupboards

Sort and tag digital photos

Wipe down baseboards

Organize entrance closet

Fix broken things

Wipe down cupboards

Organize games

Patch walls

Go through clothes to donate

Wash toilets

Re-organize your wardrobe

Patch or sew any clothing

Wash shower

Make your bed

Delete old apps on phone

Windex Mirrors

Organize your music play list

Organize computer files

Wipe down walls

Re-arrange furniture

Vacuum

Wash household blankets



On a warm sunny day, open all of your windows and let the fresh warm air rejuvenate your home 😊