

We've got **Quaran-tivities** to beat the boredom and stay health and well!

## Rethinking Quarantine

Unfortunately, it looks like a lot of us may be stuck at home for awhile. While that may seem like bad news at first, this is a great chance to tackle all those nagging tasks, try out a new hobby or skill, catch up on some great books (or audiobooks) you've been eyeing, and to get a "jump start" on some 2020 personal improvement goals.



**First thing's first...**it's hard to enjoy activities when the global climate feels so "grim." Being under quarantine can be stress-inducing for everyone. Suggestions include:

- Find out everything you can about the infection from *reliable sources*. World Health Organization (WHO), or your local health unit are good ones!
- Talk to the other people about the infection and any emotions you may be feeling. Understanding the illness and sharing your fears will help to reduce anxiety.
- Keep up a normal daily routine as much as possible.
- Maintain a positive attitude – while this may sound daunting, all it really means is validating your emotions and being mindful of the amount of time you are spending looking at the news (and the quality of the news you are ingesting).
- Think about how you've coped with difficult situations in the past and reassure yourself that you will cope with this situation too. *Remember that quarantine won't last for long.*
- Keep in touch with family members and friends via telephone, email or social media. Social connection is proven to alleviate stress and boost serotonin levels.
- Exercise regularly. Options could include exercise DVDs, dancing (tik toc anyone?), floor exercises, yoga, walking around the backyard or using home exercise equipment, such as a stationary bicycle, if you have it. Exercise is a proven treatment for stress and depression.
- The biggest thing we can do right now is not panic, focus on the people around us and just enjoy the forced time to slow down and rest.

### Mental Wellness

Refers to the degree to which you feel good about yourself and your life.

## MENTAL/SPIRITUAL WELLNESS & PERSONAL IMPROVEMENT

1. **Begin a meditation practice** – nothing too intense! There are lots of online resources to help you with beginning this journey.
  - a. **5 Minute Meditation:** <https://www.mindful.org/a-five-minute-breathing-meditation/>
  - b. **YouTube:** <https://www.youtube.com/watch?v=i5OZAs7v9es>
2. **Brainstorm life goals** – whether it's your dreams for the summer or five years down the road, it's fun to “plan,” “dream” and get excited about incredible future possibilities.
3. **Try journaling** – this is not an exact science, nor does it have to be long, descriptive and insightful sentences! Journaling is about creative self expression, which can be in the form of doodles, bullet points, poems, sentences – the sky is the limit.
4. **Daily gratitude** – taking time to feel grateful each day is so important in times of distress and uncertainty. Not only is it grounding, but sharing what you are grateful for with others can increase feelings of harmony and connectedness.

*“Living attentive to the moment-by-moment experiences of life unfolding allows you greater control of what you are living – here and now.”*

### Spiritual Wellness

Refers to orientation towards personal values and ethics; it's about congruence between values and actions/behaviours.

## PHYSICAL HEALTH, FITNESS & NUTRITION

1. **Begin an at-home fitness routine** – whatever floats your boat! There are so many online videos and “workout” guides that don't require machinery or weights. Best of all, you can do them on your own, or in groups (with social distancing in mind).
  - a. **10 at-home beginner workouts:**  
<https://www.fitnessblender.com/articles/10-beginner-workouts-that-you-can-do-at-home-for-free>
  2. **Go for a walk or run** – movement is medicine. For many, getting outside (while maintaining social distance) is key to “recharging” your emotional batteries and feeling grounded. A peaceful neighborhood walk or run is a great way to take charge of your mental and physical wellbeing. If you feel comfortable and maintain appropriate social distance, walking and talking with a friend is another great way to stay connected in a safe way.
3. **Learn one new yoga pose per day** – pretty soon, you will have built your own routine!
4. **Make a list of healthy recipes you'd like to try** – Pinterest (and many other recipe blogs) are full of fun and creative recipes! This is a great time to explore how the “art” of cooking can release the stress of isolation. Plus, learning new recipes with your quarantine-partner is a great way to connect.

### Physical Wellness

Refers to attending to and maintaining the health of the body.

*“Health is a relationship between you and your body. The first wealth is health.”*

### ENVIRONMENTAL WELLNESS & ORGANIZATION

1. **Clean out and/or organize your closets** (bonus: put together things you would like to donate – giving back is a great way to boost your mood)
2. **Kitchen cupboard clean-out** – toss old pantry items and cooking supplies and make a list of what you need for spring.
3. **Go green** – weed and tidy the garden in preparation for spring (bonus: the fresh air will feel fantastic).

#### Environmental Wellness

Refers to living a lifestyle that is respectful of our surroundings, including interaction with nature and your personal environment.

*“Out of clutter find simplicity; From discord find harmony; In the middle of difficulty lies opportunity.”*

### SOCIAL/MENTAL WELLNESS, HOBBIES & SELF-CARE

1. **Download an audiobook or e-book** – something new that strikes your interest, or something you’ve been meaning to read (and have repeatedly put off).
2. **Go through old photos on your computer/phone** – looking through memories can be so fun, plus, you could create a digital photobook of your favourite adventures.
3. **Make an at-home spa day** (this is not just for the ladies!) – pamper yourself with DIY face masks, a foot bath, and a mani-pedi!
4. **Get creative!** Arts and crafts, colouring, painting, knitting, photography, scrapbooking – whatever brings you joy!
5. **Facetime party** – grab your favourite beverage, snuggle up on the couch and enjoy a face-to-face (video-chat) conversation with a friend or loved one. Social distancing does not mean disconnection!

#### Social Wellness

Refers to the quality and degree of social interaction and the ability to contribute to the common welfare of the community.

*“You can’t use up creativity. The more you use, the more you have. Creativity requires the courage to let go of certainties.”*