

50 WAYS TO STAY MENTALLY HEALTHY WHILE SOCIAL DISTANCING



Canadian Mental
Health Association
Hamilton
Mental health for all

CMHA, HAMILTON

1. Do a puzzle – challenge yourself to 500 pieces or more
2. Download a new book to read
3. Stick to a daily routine
4. Catch up with your friends and family virtually using Zoom, Skype, or FaceTime
5. Play board games with the people in your home
6. Start a blog! Try to make it about something other than the Coronavirus.
7. Pick up that colouring book you abandoned
8. Pick up the new hobby you've been wanting to do for a while but haven't had time to start
9. Meditate or deep breathe for 5 minutes every day
10. Watch an Instagram live concert
11. Have a Netflix Party with your friends! Download this extension so that you and your friends can watch and talk about the same movie at the same time:
<https://chrome.google.com/webstore/detail/netflix-party/oocalimimngaihdkbihfgmpkcpnmlaoa?hl=en>
12. Clean out your closet or de-clutter your physical space
13. Take a warm bath with sea salts or a nice bath bomb
14. Listen to a new podcast every day or start your own! You only need the voice recorder on your iPhone or Android.
15. Make a fort with or without kids – why not?

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16. Have a solo photo shoot
17. Make a collage wall – fill it with photos that you like or things that inspire you
18. Wake up early and watch the sunrise from your backyard
19. Play some brain games – crosswords, Sudoku, card games, Scrabble, Pictionary
20. Try learning a new language – Duolingo is a free app that can help you learn 6 different languages
21. Do a home workout – there are thousands available on YouTube, and plenty of studios are going live with at-home workouts – ModoYoga, Orangetheory, and Blink fitness are just a few.
22. Take up a craft to make your self-isolation activities productive – knit, crochet, paint, woodwork, etc.
23. Find some healthy recipes you've never tried before – throw in a cookie or a cake recipe or two as well ;)
24. Write a letter to your future self one year from now! Describe what life is like right now and what you are doing while you're social distancing
25. Stretch in the morning to start your day energized
26. Hangout and have a chat with your pet
27. Have a dance party with the people in your home
28. Go for a run or a walk around your neighborhood
29. Have a family/roommate Nerf battle – you can order them off Amazon!
30. Film a YouTube video

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31. Learn a TikTok dance. Share it if you want! (if you don't know what TikTok is, Google it!)
32. Plan a scavenger hunt around your home
33. Limit your news consumption
34. Take an online class – Coursera and Skillshare offer free online classes on subjects such as animation, creative writing, and philosophy.
35. Focus on what is in your control
36. Finally enjoy playing video games without feeling guilty.
37. Make playlists on your preferred streaming platform! Share them with your friends!
38. Have a virtual paint night with your friends
39. Start a gratitude journal – you can order one on Amazon, or make your own. Each day write down three things that you are grateful for and one positive self-affirmation
40. Create your own spa experience – get out the nail polish, the facemasks, and your favourite playlist. It's time to take care of you!
41. Learn how to play a new instrument – you can find free tutorials for almost anything on YouTube. The app 'Yousician' is also a cost-effective way to take online music lessons
42. Catch up on sleep
43. Brain dump – if you find that you're thinking too much, write down everything that's on your mind all at once. When you're done, you can save the page to look back on later, or you can throw it out.

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44. Make a cheeseboard
45. Move your furniture around
46. Microwave some popcorn and have a movie marathon day
47. Play iMessage or Facebook games with your friends
48. Finally create your online photo-book
49. Help someone in need – volunteer your time if you're able
50. Plant some flowers outside your home

****Bonus Tip** Remind yourself that you are not in this alone**