



Staying Positive and Healthy During Quarantine

Spending time with your family

Doing things such as playing board games with your family can make everyone come together and it keeps everyone occupied. You can also play a fun card game with your family.



Try Yoga

Starting your day off by doing some stretching and yoga can decrease anxiety and stress. You can take different online classes, or even look for videos on youtube.



Video Chat

Many are missing their friends and family now and social interacting can improve your health. You can use apps such as facetime, skype, zoom, or house party.



Get Outside

Taking a walk by yourself can keep you active even if it's with your dog. Also you can go for a bike ride by yourself to keep you active and healthy.



Think Positive

During this time, it is important to keep a positive mindset. You can't constantly dwell on what can't be changed because it will drive you insane.



Read

Read one of those books on your bookshelf that you've been wanting to read for so long. If you don't have many books at home, there are many ways to download free eBooks on your phone or computer.



Eat a Balanced Diet

To keep healthy during this time, it's easy to keep eating junk while your doing nothing at home. Although, it is still important to keep a balanced and varied diet. Eating healthy is a good way to get the essential nutrients your body needs to keep your immune system strong.



DIY Projects

Pinterest helps with ways to get creative and shows you different fun things to do. You don't need too many materials for certain projects.



Garden

Start prepping your garden or help one of your parents do so. The nice weather sometimes comes early, so you can get out there and get rid of those weeds that were growing in your garden for your flowers to be planted.



Get Enough Quality Sleep

Lack of sleep can affect your mental health and make you feel drowsy all day. Also, it can reduce your immune system's ability to fight infections, so it's important to get your sleep.



Netflix

Stream those shows you haven't got to watch yet. There are many streaming services such as Netflix, Hulu, Disney+ or HBO GO.



Online Games

There are many fun games to play with different systems. For example, you can play on your PlayStation, Xbox, PC's, or your Nintendo Switch.

