



TIPS FOR ADULTS

Take Care of your body.

- Exercise.
- Meditate.
- Stretch or do yoga.
- Avoid excessive eating and alcohol intake.
- Eat well-balanced meals, look up some new recipes, and engage your family in the process.
- Drink plenty of water.
- Practice mindful eating with the whole family. Healthy eating does not have to be boring!

Appeal to your creative side.

- Try to paint.
- Try to write a poem.
- Try to learn how to play an instrument.
- Play board games.
- Pick up a new hobby.
- Create your safe space.
- Stay connected; create “Happy Conversation” hours via video with friends and family.

Make time to unwind.

- Take this opportunity to learn something you never had time for before.
- Avoid too much exposure to news. Take breaks. Instead, try to put a puzzle together, grow a garden, or learn a new vocabulary word every day.
- Come up with a challenge for yourself and your family. *For example, every day for five days, listen to the songs and watch the movies that make you happy.*
- Use this opportunity to declutter.
- Take a course to refresh your work skills.
- Polish your resume.
- Continue to professionally network via zoom!
- Start a virtual cooking class or book club. Have fun! Your whole family will be thankful.
- Write letters of gratitude to important people in your life.

