

Margie Zieber from Cameron, MO has shared these ideas that she compiled, and we are happy to share them with you.

Social Distancing: How to Stay Sane

Social distancing can help keep you healthy, but it also might drive you a little crazy. Most people think about what they can't do in social distancing. What about all the things you CAN do?

1. Organize Your Photos...and Send Some to Loved Ones

There is nothing like going through old photos. It's nostalgic, it's sweet and it can be inspiring.

2. Spring Clean

What have you been meaning to clean out? It is spring after all! It cannot hurt to do some big cleanouts and create some space in your life.

3. Call 3 Old Friends

Who do you need to spend more time talking to?

- Your old roommate?
- Your best friend?
- Your favorite cousin?

4. Exercise

Go for a walk or exercise at home. Definitely go out in nature as much as possible. Only half of American adults today get enough exercise.

5. Watch a Documentary on Something You Know NOTHING About

Whoever said that watching TV is all bad for you? A 2019 survey of 1,027 Americans found that:

- 70% shared something they learned in the documentary with others.
- 44% said watching documentaries had inspired change in their lives.

6. Finish that Book...or Start a New One

You know that book you have been meaning to finish? Now is the time to have "reading hour" in your house. Research by The Reading Agency charity shows that reading has been demonstrated to "significantly reduce feelings of loneliness!"

7. Learn Something New

This is the BEST time to be learning online. There are so many free resources out there. Pick a topic you want to become more versed in and go! There are tons of free webinars you can choose from:

- How to Pack a Carry-On Like a Pro
- Steps to Amazing Conversation
- How to Pack a Suitcase with Marie Kondo
- Smartphone Photography

**SOCIAL DISTANCING
CHAMPION**

