



CMHA Peel Dufferin Presents

24 WAYS TO STAY MENTALLY HEALTHY WHILE PHYSICALLY DISTANCING



Canadian Mental
Health Association
Peel Dufferin
Mental health for all

cmhapeeldufferin.ca

1. **Do a puzzle** – challenge yourself to 500 pieces or more.
2. **Download a new book to read.** Or grab one from your shelf. Start a **virtual book club!**
3. **Catch up with your friends and family virtually** using Zoom, Skype, or FaceTime.
4. **Play board games with the people in your home.**
5. **Start a blog!** There are lots of free sites where you can begin creating.
6. **Meditate or deep breathe for 5 minutes every day.** Use an app like Waking Up or Headspace.
7. **Have a Netflix Party with your friends!** Download the extension at netflixparty.com so that you and your friends can watch and talk about the movie at the same time.
8. **Take a warm bath with sea salts or a scented bath bomb.**
9. **Listen to a podcast.** Brené Brown and Tim Ferriss have popular ones.
10. **Make a vision board and fill it with photos that you like or things that inspire you.**
11. **Wake up early and go for a walk in your neighbourhood.**
12. **Play some brain games.** Crosswords, Sudoku, card games, Scrabble, or Pictionary.
13. **Try learning a new language.** Duolingo is a free app that can help you learn different languages.
14. **Do a home workout.** There are thousands available on YouTube, and plenty of studios are going live with at-home workouts. Modo Yoga, Orangetheory and Blink Fitness are just a few.
15. **Take up a craft.** Start to knit, crochet, paint or do woodwork.
16. **Find some recipes you've never tried before.** A few healthy meals and a cookie or cake recipe too!
17. **Write a letter to your future self one year from now.** Describe what life is like currently and what you are doing while you're physically distancing.
18. **Stretch in the morning to start your day energized.**
19. **Take an online class.** Coursera and Skillshare offer free online classes on subjects such as animation, creative writing and philosophy.
20. **Focus on what is in your control.**
21. **Start a gratitude journal.** Each day write down three things that you are grateful for and one positive self-affirmation.
22. **Create your own spa experience** – get out the nail polish, the face masks, and your favourite playlist.
23. **Learn how to play a new instrument.** You can find free tutorials for almost anything on YouTube. The app 'Yousician' is a cost-effective way to take online music lessons.
24. **Plant some seeds outside your home.**