

Thrive WHILE STUCK at Home

ROUTINE & SCHEDULE

Create an Everyday Routine

Things to include:

- Get dressed
- Skincare
- Make your bed
- Stretch
- Eat a healthy breakfast, lunch & dinner
- Make time for something productive and something fun
- Don't sleep in every day
- Don't go to bed too late

MENTAL HEALTH

Take Care of Your Mental Health

- Yoga
- Meditate
- Journal
- Take deep breaths
- Take breaks from the news

CONNECT

Stay in Touch with Friends and Family

- Call
- Text
- Video Call

INDULGE & HAVE FUN

- Make a delicious dessert
- Sleep in occasionally
- Binge watch your favorite series
- See a virtual concert
- Have a spa day

PHYSICAL HEALTH

Eat Healthy, Well-Balanced Meals

- Create a meal plan
- Limit salt, sugar and fat intake
- Use fresh ingredients where possible
- Be aware of portion sizes
- Consume enough fiber
- Drink enough water
- Limit alcohol consumption

Exercise

- Take an online exercise class or use an exercise app
- Walk as much as possible
- Take breaks to stand up and stretch

PRODUCTIVITY

Organize, Declutter & Clean

- Declutter drawers & cupboards
- Clean fridge & freezer
- Organize the garage, your craft room or home office

Learn Something New

- Online classes (skills, language, cooking, arts & crafts, makeup etc.)
- Podcasts
- Books

Meal Plan and Prep

- Create a meal plan
- Do meal prep
- Try out some new recipes

