

Stress relievers, COVID-Friendly:

Decide which work well for you (your mileage may vary!)

Go for a walk/bike/hike

Draw

Stretch

Listen to music

Do a puzzle

Drink tea

Use essential oils

Bubble bath

Play with a puppy/kitten (of any age)

Take a nap

Experiment in the kitchen—try something totally new

Do a yoga pose

Finger-paints!

Meditate

Volunteer for a cause

Play with Play-Doh

Snuggle with a loved one

Find something that makes you laugh. Cat videos?

Make something with your hands

Call or text a friend

Read a book

Watch a favorite TV show

People watch (at a distance)

Get out into nature

Grab a snuggly blanket

Connect with a community online

Use a heating pad/hot water bottle

Sing a song

Blow bubbles

Give / Get a massage—or give yourself a foot massage

Knit, sew, crochet, etc.

Online exercise class

Do pottery

Pray

Garden—inside, if necessary

Crossword puzzles or sudoku

Clean / Organize

Deep breathing

Punch a pillow, yell if it helps

Affirmations

Dance (no one's watching)

Journal or write a story

Adult coloring book

Guided imagery or hypnosis

Find a good recipe

Paint rocks & leave them fun places

Look through old photos

Practice gratitude