

# Wellness Activities during Quarantine

## Staying Healthy while Having Fun

COVID-19 has many of us staying at home and engaging in less social interaction than we are used to. This can potentially affect our mental and emotional well-being. Below are some fun, at-home activities that will help you stay healthy and safe during this period of quarantine.

## Personal Wellness Activities

**Listen to relaxing music or soothing nature sounds** – Rain sounds, beach waves, soft wind, thunder, or a river stream – any sound you love hearing that helps you relax.

**Enjoy a footbath** – Warm water is a great relaxant. Enrich your foot bath with some herbs, calming essential oils like lavender or fresh eucalyptus.

**Have an at home pampering session** – Give yourself a mani/pedi or schedule a mask hour in your bathroom.

**Plan self-care routines and stick to them** – Plan your skin care, body care, hair care, soul care, or any other self-care ideas.

**Meditate** – Some meditation benefits include increased focus, reduced stress and better sleep. To try guided meditation for free download Headspace or Calm in the App store or simply browse YouTube.

**Do some yoga** – Yoga is a great way for your body to be active and relax while incorporating breathing techniques. For free videos try Yoga with Adriene <https://www.youtube.com/user/yogawithadriene>.

**Remember who you are with a self-discovery journal** – Journaling is a great tool for self-discovery and can help you find balance and boost your confidence. Try it for 30 days.

**Spend some time coloring** – Get your colored pencils and water colors ready! Visit UMN Libraries to download and print pictures or download the ColorTherapy app for free.

**Practice affirmations** – Say your affirmation slowly and clearly. Repeat the affirmation 3-5 times, really focusing on the meaning of each word. Take 3 deep breathes, allowing your body to absorb the positive affirmation. Practice this daily.

**Watch a TED talk episode** - <https://www.ted.com/talks>

**Listen to an inspiring podcast** – Listen to *Happier with Gretchen Rubin* or *The Changeability Podcast*.

**Pray** – A prayer or a bible reading session is a perfect soul care idea that will help you feel renewed, blessed and loved.

