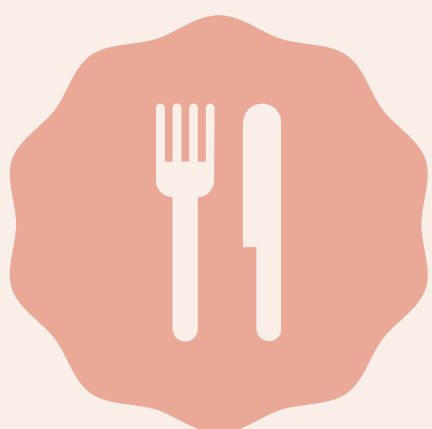


NELP

CREATED BY BEATRIZ ARAUJO

ACTIVITIES TO RELAX THE CABIN FEVER



TRY NEW RECIPES

This activity is not only beneficial for delayed gratification, but it is a form of creative art. There are apps and websites that help you create meals with what you already have including:

1. Supercook
2. Allrecipes
3. Epicurious



HOPE

Meditation helps calm your thoughts and be in the present moment. It helps you relax and returns your body to homeostasis and stops the release of cortisol. Practice the Heartmath Heart-Optimal- Performance- Exercises.



EXERCISE

Adrenaline and other hormones help an individual's mental and physical state. Exercise will improve your energy levels and improve positive affect.



DO IT YOURSELF

Get inspired! Paint, color, scrapbook, create a dreamboard, do a photoshoot. Websites like Pinterest can give you ideas on how to promote creativity.



ATTITUDE OF GRATITUDE

The fastest way to become a positive affect person is to write every day 3 positive things that happened in your day. Practice this strategy daily for 3 months and you will notice the difference.



READ A BOOK

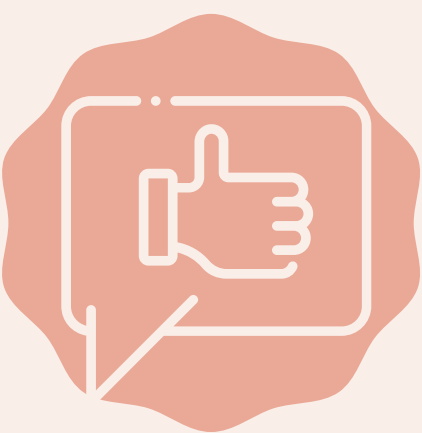
Escaping this world and diving into a fictional universe helps distract your mind. There are various websites that have started putting audiobooks for free as well as e-books, including:

1. Audible.ca
2. freebooks-app.com



TAKE A MUSEUM TOUR

Places all over the world started doing virtual museum tours including the British Museum, Getty Museum, Musee d'Orsay, the Van Gogh Museum amongst others.



WRITE DAILY THANK YOU'S

Research has proven that being selfless and helping others makes an individual feel good and that is why writing to thank someone everyday has positive well-being effect for everyone involved.



PAMPER YOURSELF

Take long baths, paint your nails, learn a new hair/makeup trick, put a mask on. These are all ideas to help you feel good. Remember that if you feel good from the outside, you will feel good internally.



DO ONLINE COURSES

Keeping your mind active and always learning new things is vital for the brain's growth and health. Various universities are putting online courses for free including Yale's very popular course of the Science of Well-being and Ted talks.



CALL

Call, text, write, video chat and make sure you are always keeping in contact with loved ones. Feeling connected with others makes everyone feel united.



HAVE FUN

Do forts, indoor picnics, themed movie night, English tea parties, play card/board games, do sudoku, do a puzzle, play charades or pictionary. Simply entertain yourself with a new experiment a day. Create your own games and indulge your creative, fun side.





CREATE A ROUTINE

Remember to put an alarm on and live each day fully. Create a daily schedule with a checklist of what you want to accomplish on the day. Feeling productive and occupied is good for the mind.



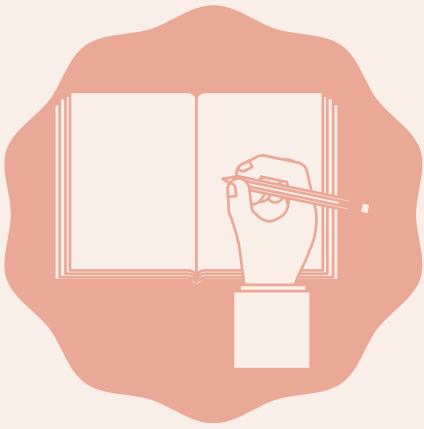
CHANGE THINGS AROUND

Renovations are always stimulating and get individuals excited about being home. Simply redecorating gives someone a fresh feeling. Organize your house, declutter and enjoy making your home a sanctuary! Remember, your household reflects your mental state.



PLANTS

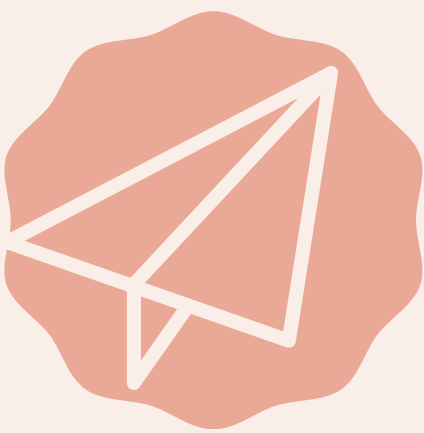
Plants give off energy and life. Being responsible for something's growth and well-being is encouraging. Seeing progress and changes from planting a seed is powerful and a confidence booster.



JOURNALING

Writing helps heal old emotional wounds, helps you feel a greater sense of well-being, decreases stress, improves relationships, boosts immune systems and organizes your thoughts. When we give our feelings language, we can reflect on the emotional situation and create a solution.

WHAT TO AVOID



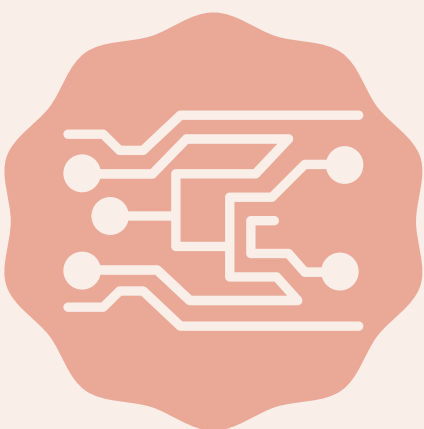
OVERWATCHING THE NEWS

The news can be very overwhelming and stress/anxiety triggering. Sometimes giving a break from the harsh reality and being at peace with what you know gives a sense of comfort.



OVERUSE OF SOCIAL MEDIA

Overuse of social media can promote being sedentary. Avoid reading too many negative articles or postings. On your social media try to post one positive thing a day to help improve positive affect in your social circle.



ELECTRONICS

It is important to create breaks and curfews for the digital usage. Getting enough sleep is essential for the body and brain to repair itself. Unplugging occasionally allows you to be present with yourself.

