

# Healthy Activities

*When we feel stressed, healthy activities, whether they are social, physical, or emotional, help us unwind, lift our mood, and gain clarity.*

- Create a family tree listing 3 good qualities of each person then post in your work space
- Create a video journal of your day and send to a family member
- Video chat with a friend or relative who may be isolated in a senior living center or hospital
- Promote generosity. Send a card/letter to a senior center in your area
- Do a puzzle
- Draw, sketch, or paint
- Listen to music or a new "stress-free" playlist
- Create a "stress-free" playlist and share with your friends and family
- Try a new recipe or make a healthy snack
- Go on a 30 min. walk
- Play your favorite sport
- Practice Mindfulness
- Play an instrument
- Walk your dog or volunteer to walk a neighbor's dog
- Photography
- Watch a movie
- Read a book
- Check in with a friend
- Have a dance party
- Creative Writing/Journaling
- Whatever helps you gain clarity and reduce stress!

