

Top 10 Things to do in Quarantine

For those who are stuck at home.

By: Kanani Merafuentes | May 18, 2020

First and foremost I would like to thank and appreciate all of our essential workers. Those who are working hard day in and day out during such scary times. They are putting their lives at risk to keep our lives intact. You are noticed, you are appreciated, and most importantly you are loved.

During this time of uncertainty it is hard for us to grasp the new norm. Reality is, we are living through a global pandemic. Unfortunately it has changed the way we live, putting new rules on what we can and cannot do on a daily basis. As much as we want things to go back to normal, we are far from it. It is important to understand the things we cannot change, and learn to live with it while the world tries to piece things back together. I have put together a list of things that have helped me keep my sanity during shelter in place, things that you might find useful too!

1. Catch up on some sleep.

We all need it. Press that snooze button and allow your body to get the rest it needs. Just a few short months ago we were moving at a nonstop pace, going to work, heading to the gym, picking up some friends, or driving countless hours to a vacation spot. As much as we may not realize it, our natural instincts are to always stay moving. Let this be a time you catch up on some real sleep. Getting a full night's rest will help your body both physically and mentally. It can help improve your immune system, boost your energy, better your mood, or reduce stress.

2. Stay active!

Set goals for yourself. Whether it be a target body weight, specific mile time, or a PR in weightlifting, create a goal because it will motivate you to achieve it. Yes shelter in place may have changed your normal routine, but there are other ways you can still achieve these goals. Get creative and use your surroundings to your advantage. Walk around the block, or run it. Use that 24 pack of water bottles and lift it until you can't lift anymore. Watch at home video workouts and set up in your living room. The fact of the matter is, gyms are closed, so get creative!

3. Relax

Everyone needs downtime. Take time to relax and gather your thoughts. Wake up and have a daily stretch routine, or meditate while sipping on some coffee. Being able to sit down and scale back to the simpler things; putting your own physical, mental, and emotional state first can be very beneficial. Put all the opinions and thoughts of COVID-19 aside and appreciate life. Try to clear your thoughts and bring your attention to your own mental state. How are you feeling? What can you do to relax yourself during this time of uncertainty?

4. Pick up a book

This has never been a strong suit of mine, but quarantine has helped me enjoy the art of reading. Through different books I have broadened my horizons, learning new words, loving new genres, understanding different writing styles. If you're feeling unmotivated, grab a motivational, self-help, call to action book. If you're wanting something exciting, choose a thriller or suspenseful read. Let these books help pass time when it feels like time is moving slow.

5. Start cooking

Like many say, one of the greatest gifts one can give, comes from the kitchen. Spread love through food. Take this time at home to make a loved one dinner, bake something from scratch, pull out that recipe you saved months ago and chef it up! Cooking and baking can be a stress reliever, and can also bring families together. Use your talent in the kitchen to warm people's hearts and fill people's stomachs.

6. Breathe in some fresh air

Go outside and take a deep breath. Smell the flowers, or let the wind blow through your hair. During this pandemic a lot of things remain uncertain, however we will always have nature to help bring us back to life. Being cooped up inside, working from home, homeschooling your children, or being stuck to the news, can all be mentally draining. It is important to step outside, soak up the sun, and breathe in the fresh air. Rather than going "stir crazy" and getting that "cabin fever", get that Vitamin D and relieve that stress.

7. Pick up a creative hobby

Put that right hemisphere to use and get creative. Use your imagination to create whatever you want because, well, you have all the time in the world. Start putting together a puzzle, or search up different ways you can crochet a blanket. Picking up a new hobby, while making something beautiful out of it can be a great way to pass time during quarantine.

8. Reach out to your loved ones

‘Call me, beep me if you wanna reach me’. Pick up your phone, call your family and friends and tell them you love them. You may be living on your own, living with a friend, or living with your parents but don’t forget about your friends and family who love you! Maybe even reach out to a friend or family member you haven’t spoken to in a while. Although physical contact, you can still send those virtual hugs!

9. Show acts of kindness

During such hard times small acts of kindness can go a long way. A smile from one car to another can go as far as making one’s day or even their week. You never know what someone may be going through, especially in a time like this. By spreading kindness all around, we can maybe restore faith in humanity.

10. Remember, we are ALL in this together.

Although everyone’s circumstances are different, one thing we have in common is that we are all living through this global pandemic. If we all just take a step back, putting the politics, opinions, views, and other nonsense out of the way we can come together and make a change. Remember, things don’t just happen. Effort, consistency, and collaboration are needed from all of us in order to ensure that this global pandemic eventually comes to an end. This too shall pass.