

South Hadley's "Top things to do at home during a Pandemic"

Compliments of our good friends at the Amherst COA

We are wired for connection as humans. It may be a challenge to be staying home more as we practice social distance. We need to **think creatively** about how we can continue to engage our minds and hearts while staying connected to what lights us up! Here is a list of things to keep you grounded, engaged and connected!

- Watch Cat Videos – Always a winner and side buster! Google: "You Tube Funny Cat videos"
- 2. Take a Bubble Bath – Put on relaxing music and soak!
- 3. Create a Family Recipe Book – or organize the recipes you've collected but never found the time to cook!
- 4. Have an Indoor Picnic on your bed. Decadent.
- 5. DIY Beauty Treatment – put ½ cup mayonnaise on your hair. Leave for 15 min. Rinse! Your hair will glisten even if it's just you are checking yourself in the mirror!
- 6. Bake your favorite cookies and savor.
- 7. Organize your photos – it's almost as good as a visit!
- 8. Call your friends from childhood, college or those far away. Reminisce. It will feel good!
- 9. Hold your own Film Festival. Watch tv shows or movies you enjoy. Pop popcorn add butter if you dare!
- 10. Hydrate your skin with a homemade face mask: ½ ripe avocado, 1 t. yogurt, 1 t. honey.
- 11. Watch an online yoga class: Google "Kripalu Gentle Yoga with Megha"
https://www.youtube.com/watch?v=DXYP_V1D030
- 12. Anxious? Relax by trying easy mindfulness tools. Here are some super easy audios and videos! Google: "Kripalu RISE resources"
https://www.youtube.com/watch?v=DXYP_V1D030
 - a. Learn how to relax with smooth easy breathing
 - b. Try meditation
 - c. Send loving kindness to yourself and others
 - d. Learn a 15 minute yoga practice you can do making breakfast
 - e. Ready for more? Try a 30 minute practice
- 13. Defrost your freezer! You've been wanting to do it for months!
- 14. Wash windows with a natural cleaner: 1 cup white vinegar 1 cup water. Ahhh! You can almost see Spring coming!

- Call us at the senior center and Stay in touch. Send me an email:
Lhennessey@southhadley.ma.gov to add your favorite to list.

- We will continue to update over the weeks! Stay Healthy!!

~ Leslie