

# 45 Ways for Grownups to Beat Cabin Fever

You're stuck inside because of Coronavirus. While staying at home may have seemed fun – or at least different – at first, as time goes by the walls are closing in.

Cabin fever may not be an officially recognized disorder, but it feels pretty darn real right now for the many people who are cooped up at home due to the Coronavirus. You're restless, you're bored, you are thoroughly sick and tired of the other people in your house (if there are any) and you miss being able to go out and do things. Anything.

Help is here! Check out 45 ideas to keep you connected, entertained and active physically and mentally while you are at home.



## **Connect with Others**

*Social distancing does not mean not being social. It is absolutely critical to avoid isolation by maintaining connections and getting/giving support. Here are some suggestions:*

1. Attend group events online. Take advantage of online events being offered on a variety of social media platforms.
2. Have a virtual group movie night.
3. Have virtual happy hour or dinner with friends or family.
4. Play games or do a puzzle online with friends.
5. Catch up with friends/family via email, text, video chat.
6. Take the opportunity to reach out to people you haven't been in touch with for a while.
7. Write a letter to someone you care about. Yes, actual hand writing on paper. Mail it.
8. Have a competition with someone. Anything will work: fitness, cooking, games, dance-off ... whatever you can think of.
9. Have/be an accountability buddy. Find a goal (or goals) and connect to keep each other on-track and motivated.

## **Practice Self-Care**

*It's important to take time for self-care. It will help you feel better and give you a sense of control during a very uncertain time. Here are some self-care activities that you can do from home:*

10. Meditate or do yoga. Take advantage of the multitude of online and streamed offerings currently available.
11. Treat yourself to an in-home spa treatment: a face mask, a mani-pedi, exfoliate, deep condition your hair and skin, etc.

12. Keep up with your personal grooming. Shower, shave and get dressed as if you were going to the office. If you look your best, you'll feel better.
13. Color your hair.
14. Take a bath. With bubbles if you have them.
15. Think about what you're grateful for.
16. Limit media exposure to COVID-19 news and stick to reliable sources. You want to stay informed, but obsessively surfing is a guaranteed anxiety inducer.

### **Entertain Yourself**

*Escape from reality for a while. Being at home is a great time to relax and enjoy old favorites and explore new ones.*

*Consider these options:*

17. Binge your favorite movies or television shows or find a new favorite.
18. Go to an online dance party.
19. Stream a free concert from a favorite artist. Many popular musicians are streaming mini-concerts via their social media platforms.
20. Watch a classical music performance. Many venues are offering free performances via streaming service.
21. Stream theatrical productions. Local, regional and national theaters that are unable to perform for live audiences are streaming their productions online.
22. Read. Alternate one literary masterpiece with one guilty pleasure. In addition to purchasing e-books for your e-reader, many local libraries offer e-books you can borrow online (you can get/renew a library card online as well). If you don't have an e-reader, there are reading apps for computer, tablet and phone.
23. Listen to podcasts.
24. Paint or draw.
25. Write. Journal, blog; write a short story, play, novel, poem; write a song.
26. Teach your dog or cat a new trick.
27. Start a garden from seeds.
28. Go for a drive.

### **Stay Physically Active**

*It's so important to take care of your health during this time. Physical activity can help bolster your immune system and improve mental health. Here are a few possibilities to try:*

29. Stay fit.
30. Get fit.
31. Try a new workout.

*Fitness practitioners and facilities are turning to cyberspace to help people stay active at home by offering online classes, many free of charge, or extending trial periods for at-home workouts. Don't have workout equipment at home? Get creative! There are lots of online resources to help you repurpose items in your home to work out.*

32. If you can, get outside and be active in the fresh air (check with local authorities for any restrictions in your area and practice social distancing!): go for a walk, a run, a hike or a bike ride.

33. Bust a move and dance. Learn a new dance online.

34. Stretch.

35. Have an accountability buddy. Keep each other motivated to be active.

### **Eat Well (Yes, Treats Are Okay)**

*Fueling your body with healthy foods not only helps you stay physically healthy, eating nutritious foods also helps to control your moods. Some treats are okay but try to keep sweets to a reasonable amount. Here are a few suggestions to consider:*

36. Cook. Make an old favorite or try a new recipe. Challenge yourself to make something tasty and healthy using the ingredients you have on hand. Have a virtual cook-off or competition with someone.

37. Bake. From a mix or from scratch depending on your ability and sense of adventure.

### **Learn Something**

*Stimulate your mind. The focus needed to learn something new can make time fly and mastering a new skill will give you a nice emotional boost. Here are some ideas:*

38. Learn a new craft/hobby/skill or revisit an old one.

39. Learn how to play an instrument. Or learn how to play a new piece of music.

40. Take an online course. Many schools and other learning institutions are offering free classes during this time. Take advantage!

41. Learn a new language.

42. Learn a handy how-to: how to fix or make something that is a practical skill for home or auto.

### **Tackle Your To-Dos**

*Having a clean, well-organized living environment does wonders for your physical and mental health. And making a few changes may bring a sense of freshness that helps make staying put a bit easier. Here are a few possibilities:*

43. Get organized. Declutter your closet, go through your junk drawer, clean out cabinets/attic/basement, organize your finances, legal documents, other documents, files, photos, etc.

44. Give your home a deep clean.

45. Rearrange your furniture. In one room or in many rooms.

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