



PRODUCTIVE THINGS TO DO WHILE YOU ARE HOME

Enjoy these suggestions from some of our members!

- Only watch the news for five minutes in the morning and a half hour at night, instead of fixating on the issue.
- Keep your blinds and drapes wide open during the day.

- Set a daily schedule - including allowing time for as many specific tasks/events as possible - Examples- Wake up, exercise, breakfast, make calls, etc.

Really do it!

To-do lists on a calendar are motivational & helpful!

- Regularly video chat with loved ones
- Call/text contacts - check in. Simply to see how they are doing.
- Send out some hand written cards or notes to select contacts, family and friends.

- Keep moving! There are plenty of (free!) online workouts and yoga classes
- Organize computer, home, office or projects that we have put off for later

- Load up Netflix or such with all the movies you missed that you want to see.
- Read a good book....or re-read your favorite book.

- Catch up on continuing education, or get ahead with education. Learn to be better at Social Media and technology-very important tools for marketing and business development.

- Take a well-deserved break. You deserve it. Catch up on TV or revisit some music you enjoy. YouTube has some amazing music videos to view.

- Sign up for access to all the libraries, so you can read about anything – HathiTrust, National Archives, Library of Congress, Jstor etc.

- Don't forget to keep **inspiring** each other!