

# Seven Ways to Boost Your Wellness While Staying Home



## Serving Leaders in Life

**Pastors**, with increased safety precautions amid mounting concerns about the spread of COVID-19, odds are you won't be hitting the gym, visiting congregation members in person, or even working at your office anytime soon. Think of it this way: You could binge-watch your way through the extra downtime, or you could tackle your most ambitious to-dos. Here are some activities from [www.happify.com](http://www.happify.com) that have been scientifically proven to help boost spirits.

### 1. Reflect and Reach Out

Acts of kindness are a gift to everyone involved. The giver can get a runner's high-like feeling, while the good deed can leave the recipient with a positivity boost and a desire to pay it forward. Send emails or notes of thanks to unforgettable former mentors or colleagues, offer to grocery shop or walk dogs for elderly neighbors, or post a lawn sign showing support for public-service workers in your neighborhood.

### 2. Create a Pinterest-worthy Space

When there's a sense of chaos all around, give in to the urge to create order. Clear closet clutter, organize your bookshelves by genre or color, or research home decorating principles and apply them to your home. When you create a space that feels cozy, calm, and decluttered, you may feel more relaxed and view your home as a restorative space.

### 3. Learn a New Lingo

With loads of apps, online videos, and interactive games to choose from, it's never been easier to learn a foreign language. Doing so can help you prepare for future travels, and it can also help you make more careful and confident decisions. Best of all, studies show that being multilingual may help you become more empathetic, a skill which is particularly useful during trying times.





#### 4. Teach Your Dog a New Trick

Yes, you will get a sense of satisfaction if your dog emerges from the pandemic with a newfound skill such as the ability to roll over or give a high five. But the bigger benefit is that by focusing on teaching, your mind will be less likely to wander to stressful thoughts. If you don't have a dog—or if yours already knows all the tricks—find another coaching opportunity, such as *Skyping* with your niece to teach her your secret meatball recipe.

#### 5. Pretend You're a Rockette

Has embarrassment or a lack of confidence been keeping you from trying a new fitness class? If you're worried that you aren't flexible enough for yoga or coordinated enough to try kickboxing, your private living room may be the perfect place for you to finally give such workouts a try. Search for online training options then go all-out once you hit play. It won't be long before you notice the mood-boosting effects of endorphins, the feel-good chemicals released when you exercise.



#### 6. Get Cultured

This isn't about COVID-19 testing (although do seek medical care if you are worried you're displaying symptoms.) If you're feeling cooped up, take the opportunity to explore the many art institutions and cultural events that are offering free online experiences right now. From virtual tours of dozens of museums via Google Arts & Culture to nightly livestreams from The Metropolitan Opera's collections, there are many ways to expand your horizons from home.

#### 7. Give in to a Passion

Maybe you've been wanting to write a screenplay or take a deep dive into your family's genealogy. Whatever your passion-project aspirations, why not pursue them now? Committing to a long-term activity can give you a sense of purpose beyond your daily routine, helping you stay focused and adding meaning to your free time. Need some inspiration? Consider this: Sir Isaac Newton's initial hypothesis about gravity was formed while he was quarantined during the bubonic plague, suggesting that time away from everything really can spark creativity.

For the full article, go to:

<https://www.happify.com/hd/9-ways-to-make-the-most-of-your-social-distancing-downtime/>

