

## 25 THINGS TO DO TO SUPPORT YOUR MENTAL HEALTH WHILE SOCIAL DISTANCING

There are many things we can do as individuals or families to stay active and support our mental health while also being ND Smart and following social distancing guidelines. Of course a lot of what works for you or your family will depend on personal circumstances. See 25 ideas below!

1. Start a gratitude journal.
2. Call, text, or chat online with friends or loved ones.
3. Enjoy the beauty of North Dakota – take a hike, a bike ride, or rive a scenic route.
4. Read a book. E-Books or check out materials are available through local libraries.
5. Do a virtual museum tour!  
*Museums from home:* [mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online](https://mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online)
6. Go to the zoo online.
7. Go to a virtual amusement park!  
*Disney World:* [disneyparks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/](https://disneyparks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/)  
*Lego Land:* [legoland.dk/en/accommodation/hotel-legoland/virtual-tour/](https://legoland.dk/en/accommodation/hotel-legoland/virtual-tour/)  
*Sea World:* <https://www.visitorlando.com/en/things-to-do/virtual-tours/seaworld-orlando>
8. Check out online recreational exercise facilities for live streaming videos from workout instructors.
9. Dance to fun guided songs such as The Cha-Cha Slide, Cupid Shuffle, Hokey-Pokey, Chicken Dance, etc.
10. Listen to your favorite music from the past.
11. Write a letter or make a card for a neighbor.
12. Family Game Night!
13. Watch a craft tutorial on YouTube and make a craft for someone.
14. Pray//meditate/watch online church services.
15. Talk to your therapist/counselor via a telehealth program.
16. Plant a flower or herb garden.
17. Find a recipe and cook something new.
18. Start an online book club with a friend.
19. Play or learn to play a musical instrument.
20. Make a scrapbook – document this time.
21. Read a favorite childhood book.
22. Play a video game.
23. Do a guided meditation through an app or online video.
24. Do a scavenger hunt or have a picnic in your backyard.
25. Use sidewalk chalk to draw pictures and write encouraging messages.

Visit [www.behavioralhealth.nd.gov](http://www.behavioralhealth.nd.gov) for ideas and links to online opportunities.