

Week 5: Take Advantage of Your Time at Home Series



Week 5! Continue with routines you have previously setup for you and your family. Here is a list of **20 more ideas** that will keep you going!

1. **Plan your next vacation down to the very last detail.** We can't know when our next vacation will happen, but we can at least envision how it will take place and what we want to see when we're there.
2. **Discover the wonderful world of tutorials on YouTube.** Holy cow, the possibilities are endless. From card making to yoga – youtube is a lifesaver!
3. **Research volunteering opportunities in your city** and mark down the most interesting ones. When the quarantine and isolation, we'll still be in a pretty precarious situation. Making a personal contribution is the best way to show the world you care.
4. **Create a shared playlist on Spotify** and ask people you went to college with to add a few of their favorite dance songs from the ol' college days! Once you have compiled it, share the link with everyone who contributed!
5. **Keep a quarantine diary:** it will be "fun and educational" to read it again in a few years. This would be a great idea for kids.
6. **Make a list of all the annoying tasks you've got coming up in the next few months,** and try to schedule them: appointments with the notary, checkups for moles, blood tests, car repairs.
7. **Watch some films that you wouldn't normally choose,** ones that you've been avoiding because they're too "demanding", not really "your thing".
8. **Transfer photos from your phone to an external hard drive.** This is your chance to banish the "full memory" warning for at least a month.
9. **Choose 10 photos that represent 2019 for you** and put them on a USB stick. As soon as the situation improves, you can print them out and make a scrapbook (or you could also do that now) and, in the meantime you can relive all the good memories.
10. **Are you far from your loved ones?** Send them an email or handwritten message to tell them **what everyday life is like without them.**
11. **Learn a poem by heart** and share with your family members, you could have an open mic night.
12. **Start keeping a dream journal,** especially if it's something you've wanted to do for a while, but you always put off.
13. **Call. Your. Grandmother., Call. Your. Mother., Call. All. Your. Relatives.**
14. **If you have international friends, tell them about your individual experience in quarantine where you are.**
15. **Write an email to your future self.**
16. **Start a 19th-Century correspondence with your partner, even if you live together.** Especially if you are both home working together in different parts of your home, condo or townhouse. You can never over communicate during this crazy time.

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17. **Choose at least five people that you haven't heard from in over a month,** send them a message to find out how they're doing.
18. **Open a Google Doc and share it with all your friends:** turn it into a sort of logbook where you can share articles, recipes, videos, songs, or thoughts or feelings.
19. **Throw away that pile of newspapers, magazines and random papers that has been building up in a corner for months.**
20. **Upload your resume or portfolio.** You never know what is going to happen in this crisis. It is good to be prepared.

Remember, we're all in this together! Best Care EAP counselors are here to help. Schedule your confidential appointment by calling **(402) 354-8000** or **(800) 801-4182** or send an email to eap@bestcareeap.org.