



We know during these tough times, it is easy to let our anxiety overcome our emotions and TMF wants to make sure you are taking time for yourself, staying healthy and making sure we all work together to support ourselves and each other.

Take a look at some helpful suggestions and tips to help us through each day.

- You don't have to be totally isolated, make sure you stay connected with your friends and family. Technology is a beautiful thing. Whether it is FaceTime, Skype, Zoom or Houseparty, these apps offer us a plethora of options to stay connected.
 - Host a virtual trivia or game night with friends
 - Kahoot.com, BINGO, Scattergories, Pysch!(app), Pictionary (Name, Place, Animal, Thing)
 - This popular kids' game works well on Zoom. To play, pick a letter. Each player has to list a famous person's name, a place, an animal, and a thing that begins with that letter. The first person to type them into the Zoom chat wins.
- Open your shades and windows and let the fresh air and sunshine in
- Cook your favorite meal or a meal you have always wanted to attempt
- Take a walk
 - If you have kiddos, identify a color before leaving on the walk and have them see how many items of that color they can find during the walk. It's also a great way to focus on your environment while on the walk!
- Drink plenty of water and make sure you are eating healthy
- Learn a new skill or hobby (Now is the time to get that Photography or Cooking class in online)
 - Coursera has free online classes: www.coursera.org covering anything from "Positive Psychology" to "Learning to Play Guitar"
 - EdX has free online classes as well: www.edx.org/ (Classes from Nutrition, Marketing to Religion)
- Change out of your loungewear into something nicer! Fix your hair, put on makeup. Give yourself a facial.
- Journal, Yoga, Meditate
 - Helpful Free apps:
 - Meditation - Headspace, and Calm
 - Yoga - Yoga for Beginners, Yoga Workout (Yoga with Adrienne on Youtube)
 - Beginning Journaling tip: at the end of every day write the date on a line in a notebook and then put :) or :| or :(in reference to your overall mood, if that makes you want to write more go for it! If not, no worries you have already journaled!
- Keep a normal schedule and routine as best as you can - waking up/going to sleep around the same time, school work & breaks scheduled, eating around the same time



- Add something fun each day.
 - Dance party in the kitchen
 - Blanket folding competition
 - Joke contest
- Make sure to get outside when possible, especially when the sunshine is out!
- Do active/productive things together -
 - making dinner
 - baking cookies
 - working in the yard
 - rearrange the furniture in one room for a new set-up.
 - 10 minute tidy-up of the house.
- Afternoon tea time - take a break in the afternoon to enjoy a cup of tea, coffee, juice or milk and enjoy it in a different room than you have been in.
- Draw an activity or topic out of a hat/box each day:
 - Activity: This can be game, puzzle, movie, spa/nails night
 - Topic: What's the first place you want to shop or eat at when this is over? what is your favorite Holiday? who was your best friend in elementary/middle/high school? what did you want to be when you were little and grew up? where do you hope to be in five years?
 - The play would you rather: have different topics! Would you rather live near the ocean or mountains? would you rather be invisible or be able to read people's minds? would you rather have a pet snake or pet hamster?
- Volunteering –
 - take time to write letters and make cards for the nursing homes in your town that are on lockdown.
 - Write thank-you notes for the First Responders, Medical Workers and Delivery people.
 - Writing letters for the elderly/at-risk in your neighborhood and leaving a note asking if they need help with anything (walking a dog, weeding their flower beds, etc).
 - Bake cookies for them.
 - Write a positive message on the sidewalk outside of your house for your community to see.
 - Clean out your closet for donations (check with your local donation point for guidelines)
- Apples and Onions of the day:
 - The best part (apple) of the day and worst/hardest (onion).
- Say what you are grateful for at the end of each day. Better yet, name 3 things?
- Become a TMF Ambassador! Take our online course [here!](#)