

# Physical Distancing Wellness Tips



## STAY ACTIVE

Sweat it out at home!  
Replace your gym workouts with at-home workouts. Download a fitness app or try a workout on YouTube.



## STAY CONNECTED

Although you may not be able to visit people, stay connected. Call or text someone, or start a group chat with your family/friends!



## GET CREATIVE

Take some time to let your creative juices flow. Paint, draw, write, or even make a vision board!



## READ

Do you have a stack of books you haven't had a chance to read? Now's your chance!



## GET ORGANIZED

Take some time to de-clutter. This could mean cleaning out your closet, tidying up your room, or organizing your workspace.



## THE BASICS

When your routine is thrown off, the basics can be too. Keep drinking lots of water, eating regularly and getting enough sleep.