

Covid-19 Coping Strategy

March 18, 2020 - March 21, 2020

The Coronavirus 19 Is Changing Our Lives

What We Should Do:

Shelter in Place - Stay at home when possible

Wash our hands for 20+ seconds whenever we have been outside

Avoid the public - keep a social distance of 6 feet from everyone

Minimize trips to public spaces

Ways To Avoid Boredom:

Sing

Read all the books you have always meant to read

Watch lots of happy movies and TV

Get out and walk, hike, bird watch, commune with nature

Take lots of photos and share them on the internet

Take nice scenic short drives

Visit lots of Forest Preserves and Natural areas

Buy a kayak and paddle it

Call all your old friends

Make some new friends online

Learn and use Facebook, Twitter, LinkedIn, etc. Connect with People

Write your memoirs, put it on a blog

Write your family history, put it on a blog

Walk around your suburban downtown - keep your distance

Meet friends - stay 6 feet away

Therapeutic use of Wine and/or Weed

Shred old documents

Clean out closets

Convert old music to mp3 format and put it all on a spreadsheet

Create cartoons for Facebook postings

Update your phone/address/email list

Fix all the stuff you set aside to fix

Make casseroles and freeze the extra

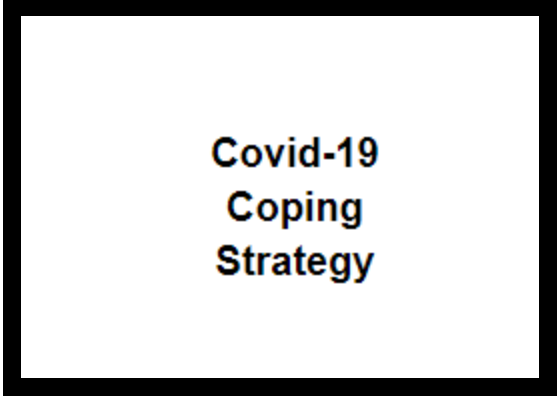
Do sudoku puzzles until you are dreaming about them

Take free online courses

com/jessica-stillman/500-free-online-courses-from-ivy-league-schools.html

You can edit and improve this Strategy. Click on the link below:

<https://docs.google.com/document/d/1OPS4tX6Vghdb4CSvhnX-2X6aJTH4WAVCry0Mm8s5U4s/edit?usp=sharing>



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