



We're Here for You Every Step of the Way

From the Office of:
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TIPS FOR BOREDOM WHILE SOCIAL DISTANCING

1. **Stream the next great series, start a documentary, watch an old favorite movie.** Netflix, Amazon Prime, Hulu, Disney Plus, YouTube, etc. Reach out to friends and family for ideas of new series that they like. Check out some documentaries on topics that interest you.
2. **Try a new workout video** - there are a lot of workouts you can do with just body weight, no equipment necessary. Take it easy at first if you are just starting. Try searching for something new:
 - a. https://www.youtube.com/results?search_query=exercises+with+body+weight
 - b. <https://www.beachbody.com/>
 - c. FREE app called "**WOD Generator**"
3. **Meditate or try mindful breathing exercises** - this will help with the stress associated with this upset in your routine and life.
 - a. Check out the FREE app on Android called "**Deep Meditation**" for guided meditations
 - b. www.HeadSpace.com is offering FREE memberships to all educators and all healthcare providers
4. **Read!** The public library has great online resources. You can download "**Libby**" or "**Overdrive**" - both apps allow you to download library content to your devices. They have books, audiobooks and even magazines. These are FREE!
 - a. The Hennepin County Library system has every Minneapolis high school yearbook dating back decades and decades - fun to check out if you can't sleep at night or if you are looking for an old pic of a relative.
 - b. www.hclib.org also has a lot of old newspapers too - find out what the headlines were on the day you were born. These resources are all FREE!
5. **Get outside** for a walk or run - maybe not if you live in a very populated area but if you are in the suburbs, it should be safe to get out for a walk. Just keep your distance when passing people. Disclaimer - pay attention to any changes to recommendations to stay indoors.
6. **Start a new craft project.** Check out some new ideas here:
 - a. <https://www.joann.com/projects/>
 - b. <https://www.hobbylobby.com/DIY-Projects-Videos/c/13>
 - c. YouTube has so many wonderful, creative videos as well
7. **Dust off that guitar** you bought 20 years ago and never had time to learn to play...now is your time! You could be the next Eric Clapton just waiting to start! Here are some of the resources I like:
 - a. <https://www.guitareo.com/>
 - b. <https://www.martymusic.com/>
 - c. YouTube - look up your favorite song and I'll bet there's a video of somebody teaching the chords for that song. You'll be booking gigs for your new cover band in no time!
8. **Build new skills** with courses, certificates and degrees online from world-class universities and companies. Do it for fun, pick a topic you've always wanted to learn more about but never had the time. These are FREE college courses, taught by real college professors. Some of these free resources:
 - a. <https://www.coursera.org/>
 - b. <https://online-learning.harvard.edu/catalog/free>



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- c. <http://www.openculture.com/freeonlinecourses>
- 9. **Watch a concert** of your favorite band on YouTube. I love anything Jimmy Buffett, old Grateful Dead shows (mostly pre-1980s), Allman Brothers Band, Pink Floyd (especially their old and newer shows from Pompeii), and many others...I even enjoy some band that got their start *after* I was born - haha
- 10. **Start a new home repair project.** You can have many of the supplies delivered or some stores have drive-up pickup.
 - a. <https://www.familyhandyman.com/smart-homeowner/diy-home-improvement/affordable-home-improvement-ideas/>

These are some of my favorite ideas. Maybe you have some of your own ideas too but if you get stuck and you're bored, there you go!