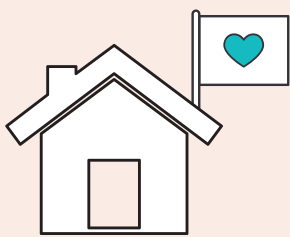


# 35 HAPPY HABITS TO AVOID CABIN FEVER



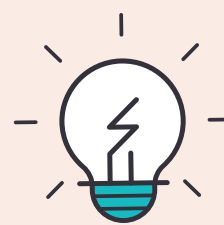
- Spring cleaning. Declutter your closets and organize your home.
- Teach your kids to cook a meal.
- Do some car maintenance like checking your fluids, filters, and tire pressure.
- Clean your car.
- Create a spring capsule wardrobe; Pinterest has great examples.
- Rearrange your living room or refresh your home office.



- Teach your kids how to manage a budget and/or balance a checkbook.
- Price compare insurance services: Auto, Life, Renters, etc.
- Create a budget.
- Create a debt repayment plan.
- Brainstorm ideas to start your own business.
- Write a business plan.
- Print out and review your credit report.
- Apply to jobs with great benefits.
- Review and update your resume and LinkedIn profile.



- Take a break from social media.
- Start a new exercise routine.
- Begin a clean eating detox.
- Start a yoga practice.
- Begin a meditation practice.
- Get yourself or your kids on a balanced schedule with a good mixture of physical, academic, and relaxing activities.
- Play with makeup and learn some new beauty techniques from Youtube.
- Clean up your social media feed and follow positive pages and unfollow negative ones.
- Go for a scenic drive.
- Start a Gratitude or Daily Joys Journal practice.



- Watch some interesting Ted Talks.
- Read some books. Here are a few great ones:
  - The Slight Edge by Jeff Olson
  - So Good They Can't Ignore You by Cal Newport
  - The Happiness Advantage by Shawn Achor
  - Daring Greatly by Brene Brown
  - Live It, Love It, Earn It by Mariana Olszewski
- Watch some animal or nature documentaries.
- Try some simple painting tutorials on YouTube.
- Take an online class or learn a new skill using free YouTube tutorial videos.
- Get a jumpstart on learning a new language
- Clean up your inbox by spending an hour unsubscribing to unwanted email lists.



- Play some board games.
- Go on a nature walk and take photos of interesting plants and animals you see and teach your kids about them. Or do some nature discovery work for yourself.
- Check in with your single friends or people you know that live alone who are at risk for becoming highly isolated.

*Avoid cabin fever and make the most of your extra free time by trying a few of the items listed above. Most importantly, stay well and stay kind.*

