

20 THINGS TO DO WHILE SELF ISOLATING

1. **DIY projects**
2. **Gardening**
3. **De-clutter**
4. **Exercise**
5. **Read books**
6. **Meditate**
7. **Create a vision board**
8. **Social media detox**
9. **Sugar detox**
10. **Talk to your family**
11. **Write letters**
12. **Be creative**
13. **Play games**
14. **Look through family photos**
15. **Binge on boxsets**
16. **Have a mini pamper session**
17. **Cuddle your pet**
18. **Bake & cook**
19. **catch up on sleep**
20. **Relax & recharge**