Are You Staying Home on Your Own? Activities for one can be some of the most rewarding!

Complete a puzzle: The more pieces the better! Need something tactile? Take on a Rubik's Cube. More of a word person? Crossword puzzle! Playing memory games can improve brain functions, such as attention, concentration, and focus. They give space to critical thinking and that helps nurture your attention to detail. It can improve visual recognition too.

Start a journal or blog. Sure, it can be about the coronavirus, but it could also be about a specific interest, idea, or experience that you've been wanting to write about. A journal can be an important tool to track important decisions in your life. It can allow you to reflect on the reasons behind your decisions. You can use a journal to track your dreams and aspirations and allow you to discover what is most important to you.

Meditate. Try lying down with your eyes closed, palms up and while focusing on your breath. Or spend 20 min sitting cross-legged and repeat a soothing word to yourself in your head.

Meditation can help us to eliminate negative thoughts, and worries, which can prevent us from feeling happy content, or well. It has been proven that the practice of meditation carried out on a regular basis will mitigate the symptoms of stress and anxiety.