

# COVID Boredom Buster - Getting Out of the Rut

Use the spaces below to identify 7 days worth of fun, self-care &/or positive activities. You do not have to do each activity every day but try to do something different each day to get out of the rutt. Identifying your options in advance will help you get moving!

1. One 2-5 minute activity (ie: deep breathing, gentle stretching, practice affirmations)
2. One 30-60 minute activity (ie: go for a walk, create & listen to a playlist, play a card game)
3. One 2+ hour activity (ie: meal plan & prep, zoom games with friends, long drive & a meal)

Example

Day 1

Day 2

Day 3

5 affirmations out loud

45 min walk & podcast

Zoom game night

Day 4

Day 5

Day 6

Day 7

