Bored?  
Tired?  
Lonely? 

Here are some ways to help manage those Quarantine blues!

Try learning a new skill! 
- Basic Resume Writing 
- Dad, How Do I? 
- Improve your cooking skills!

Listen to a new podcast! 
- Lewis Wellness Podcasts 
- Talking Tastebuds 
- Top 25 Mental Health Podcasts 
- Podcasts for College Students 
- SHE Podcast 
- The Daily

Explore your mental health! 
- Active Minds Resources 
- Oak App– meditation and breathing 
- Mental Health America Tips 
- Top 25 Mental Health podcasts 
- Calm App– Better Sleep, less stress

Activity Ideas- JUST FOR FUN! 
- Virtual Puzzles 
- EXPLORE– Animal Watch at the Zoo 
- National Park Webcams 
- Play Virtual Jeopardy! 
- Quarantine Mad Libs

According to the student poll, these are the top 4 shows to Binge watch. So, if you just need to relax, Netflix is always there for you!

1. The Office 
2. Stranger Things 
3. Parks and Recreation 
4. Friends