

Bored?

Tired?

Lonely?

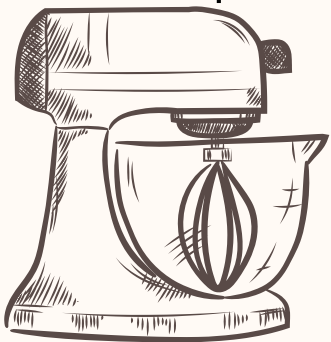


Here are some ways to help manage those Quarantine blues!



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

