

# 5 ways to combat boredom when you're stuck at home



## **Keeping your distance during the COVID-19 pandemic**

With the Center for Disease Control and Prevention (CDC) recommending social distancing and self-isolation for the next few weeks to help limit the spread of the coronavirus, it's easy to feel lonely, bored and disoriented. Here are some tips for maintaining social connections, interest and independence when you're stuck at home.

## **What is social distancing?**

Social distancing – noun; the practice of maintaining a greater than usual physical distance from other people or of avoiding direct contact with people or objects in public places during the outbreak of a contagious disease in order to minimize exposure and reduce the transmission of infection.

The CDC currently recommends staying at least 6 feet away from other people to lessen your chances of contracting the coronavirus (COVID-19).

## 1. Get some culture

Travel to NYC, London and Paris all in one day! Enjoy virtual tours of museums throughout the world and art classes in the medium of your choosing from the comfort of your own home.

**Tip:** [Google Arts & Culture](#) lets you discover millions of museums, art collections, historical sites and stories—virtually.

## 2. Revamp your exercise routine

When the recreation center or gym is temporarily closed, take exercise outdoors or try a virtual class. Specialists can help develop home-based exercise programs and offer suggestions for accommodations. The variety will give you a new challenge, and you might even find a new sport to enjoy—tennis anyone?

**Tip:** Not only is exercise essential to general health and well-being, exercise is helpful in managing MS symptoms. Check out [ways to exercise and stay active while living with MS](#).

## 3. Manage stress through meditation

Stress, anxiety and depression can make isolation seem unbearable, but it doesn't have to be. Not only can mindfulness techniques teach you to become more aware of your feelings and emotions, they can also help you learn to relax your mind and body and help reduce stress.

**Tip:** Learn strategies for [out-stressing stress](#) through meditation, yoga, positive affirmations and more.

## 4. Find a new hobby

With more time at home, you finally have time to try a new hobby! Cooking, gardening, journaling, puzzles and reading all engage your mind, spark creativity and stimulate thinking and problem-solving skills.

## 5. Go virtual

When face-to-face communications are limited, Facetime, Instagram, Twitter, Facebook, blogs and online chat groups can be a lifesaver. Connections maintained virtually can provide an outlet for expressing your emotions and a way of empathizing with others in a similar situation.

**Tip:** Check out the [unofficial channels](#) people living with MS use to stay connected.

Learn [what the coronavirus means for people living with MS](#) and how the National MS Society is responding to the current outbreak.

Learn more about [living well with MS](#).

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