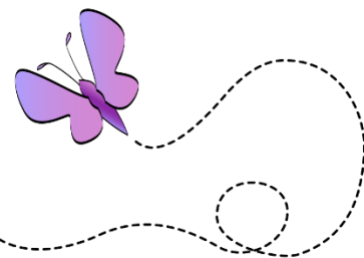




Staying Positive!



During uncertain times, it is easy to focus on the negative things happening around us. As the world navigates its way around the current situation, it is important to remember with every negative there is a positive.



New Hobbies!



This is the perfect time to explore new hobbies or practice things you're already interested in. Many of us have spare time that we don't know how to fill. Having a hobby is a great way to learn more about ourselves and our talents. Hobbies keep us busy. They help to keep us focused on positive outlets for our energy and emotions. Some hobbies that can be explored are learning a new musical instrument, photography, baking, and art. The options are endless. You can also use this time to teach your hobby to others.

3 Ingredient Peanut Butter Cookies

- * 1 egg (2 for softer cookies)
 - * 1 cup of peanut butter
 - * 1 cup of sugar
1. Preheat the oven to 350 degrees
 2. Mix all the ingredients in a large mixing bowl.
 3. Scoop a small ball of the mixture onto a greased cookie sheet. You can also line the cookie sheet with parchment paper.
 4. If you used one egg for the dough, you can use a fork to flatten the cookies in a criss - cross pattern. The dough with two eggs will be too thin to flatten. Make sure to place the dough 2 inches apart on the pan.
 5. Bake for 12-13minutes.



Family Time!

With parents working and children in school and sports, it is sometimes hard to get all the family together at the same time. Spending quality time with your family can be an important part of feeling connected. This is the perfect time to have a family dinner or a family game night. Family time can also be spent learning new hobbies and completing tasks together.

Card Games: War, Speed, Euchre

Board Games: Monopoly, Life, Clue

Play multiplayer on game consoles!

Go outside and play sports!

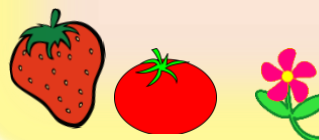


Completing Tasks!



Another positive way to use your spare time is to work on getting tasks and projects completed. This can include planting the garden that you've been putting off, doing small remodels, or deep cleaning your home. Although these tasks can sometimes feel tedious, it is a way to feel accomplished. Accomplishing tasks is a great way to boost positive mentality and increase self-esteem.

** 5-Below has growing kits for roses, lavender, strawberries, tomatoes, and more! This is an affordable way to help get you started on your garden. Each kit includes directions on how to get the plant started, and how to continue growing once they no longer fit in the included pot.



Staying Connected!



Getting creative with staying connected has us learning new technology and applications. Although learning new things can be frustrating, new technology has made it possible to connect with distant family members and long-lost friends. You can also take this time to teach others how to use social media. Staying connected is important for self-care.

Where you can get and stay connected:



- * Facebook
- * Twitter
- * Instagram
- * Zoom
- * FaceTime