WSSA Tips for **Stress Relief**

Time at home doesn't have to be boring! Here are some ideas for keeping yourself happy and healthy while maintaining "social distance".

**Get Outside**

Walk around the block, play with your pet, rollerblade... Just get some fresh air!

**Exercise**

Running, jumping jacks, dancing... Getting your body moving will re-energize you.

**Stay Connected**

Have a virtual meetup with friends on Zoom, Google Hangout, Xbox, or (gasp!), the telephone. This is a great time to strengthen your friendships and even build new ones!

**Take a Virtual Trip**

"Visit" a national park, museum, or zoo by taking advantage of their virtual tours.

- Virtual Museum Tours
  - National Park Tours
  - Georgia Aquarium
  - Smithsonian Zoo
  - San Diego Zoo

**Yoga/Meditation**

Do yoga or meditate to clear your mind and help you relax.

**Get Creative**

Give your brain a break by painting, drawing, coloring or something else that gets your creative juices flowing.

Remember... We're #InThisTogether!