

How to Avoid Boredom During the Pandemic

For most of us, being in the middle of a pandemic is not an experience we ever could have imagined. It may seem like a scary movie or something you might read in an old history book. Spending a lot of time at home can lead to restlessness and boredom. It is important to keep your brain working and your body active. There are many ways to avoid falling into a funk during the pandemic.

Work Your Body

Keeping your body active can help avoid restlessness when you're stuck at home. One option is to take up a new sport. This is something you can do with your spouse, kids home from school, or on your own. If you have a basement or a room with empty space, this is the perfect spot to practice a new skill. Many dancers are providing virtual dance lessons. Other sports professionals are providing skill practice and tips as well. If you're not into organized sports, exercise is another option. Now is a great time to start a new routine. Yoga is perfect for keeping your mind and body calm. Pilates and kettlebell exercises can help build muscle and make you feel accomplished, which is beneficial for your mental health as well.

Maintain Mental Health

Being at home all the time can take a toll on your mental health. If you have extra time on your hands, find a new hobby to keep yourself busy. Maybe you've always wanted to learn how to paint or do pottery. These are hobbies that require skill and concentration, which is a good way to keep your mind off current events. You might find a hobby you really enjoy, and these are skills that you can continue after the pandemic is over. If you really enjoy writing, consider journaling your experience in the pandemic. These events will likely be a topic of discussion for decades to come. Creating a journal of your experience will allow grandchildren and great-grandchildren to understand what people went through during this time. It also helps you to put your thoughts into words, which is another activity that can help with mental health.

Spend Time With Your Family

If you have several family members and kids at home with you, board games are a fun way to spend quality time together. Parents and kids can take turns choosing different board games to keep it interesting. This will help you get to know your family members better and can lead to improved relationships in the future. Virtual vacations are also becoming more popular. Many different places are currently offering these alternative vacations. This can be a great family activity. Especially for those who love traveling, the thought of going all summer without taking any trips is difficult to accept. Virtual vacations could be the next

best thing for families. Other popular tourist destinations, like museums, are offering virtual tours as well. Another way to spend time with family is by watching a new series together. Many people are spending more time on internet streaming services than ever before. It is not ideal to spend all your time staring at a screen, but it can be fun to escape reality for a little while. Make it a family event, and watch a new series with your spouse or kids. It can be difficult being away from other family members and not knowing when you'll see them again. Video chats are an alternative to stay in touch. Set up a video chat for birthdays, holidays or just to catch up. It's not the same as seeing your family in person, but it can make the situation a little easier to get through.

Gain New Knowledge

Cooking by yourself or with your family can be fun and educational. If you have kids, you can teach them valuable skills they will use throughout their lives. Cooking can also be a great bonding experience with your spouse or significant other. Try some new dinner recipes or a different dessert that you haven't made before. This makes meal times and snack times more fun for you and your family. Reading is another activity that is beneficial for children of all ages. Reading can be a great way to supplement schoolwork and keep your kids on track. If you don't have children, reading can be just as beneficial for yourself. Whether you want a book that lets you escape reality or one that really makes you think about life, reading is a way to keep your mind active. If you're looking for an activity to do on your own, taking an online class or beginning a new degree is a way to independently gain knowledge. If you've been putting off starting a degree or need some professional development classes, now might be the most convenient time to do so.

While this ongoing pandemic is scary for everyone, there are ways to take your mind off current events. Take this time to work your brain and your body. Try new things, and you will come out of the pandemic with new skills, knowledge, and understanding of the world around you.