

BOREDOM BUSTERS

Coronavirus and social distancing is restrictive, especially when trying to plan evening or weekend activities. At first, being home can be a novelty, but after a while we all need new ideas to prevent ourselves from becoming bored and to remain connected to our communities.



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Virtual Concert - While the nation adjusts to the reality of self-quarantine, a number of artists and musical institutions are taking the show online to share some musical joy during these trying times. [Billboard.com](https://www.billboard.com) and [Google.com](https://www.google.com) are great references to find dates and times of these virtual concerts.

Stream Movies Early - Movie studios who were counting on playing their films on the big screen are now releasing them early to streaming services. Check your streaming services or do a quick Google search for early released 2020 movies.

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Explore The Zoo Or Aquarium - Zoos are putting up their animal cameras. For example, the Cincinnati Zoo has a 'Home Safari Facebook Live'. The Shedd Aquarium in Chicago allowed some of the penguins out of their exhibits to explore and visit other animals.

Write In A Journal - Being inside can drive you crazy after a while, put your thoughts down on paper. Intentional journaling is a wonderful way to stay positive even during these scary and uncertain times.

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Digitally Connect With Family & Friends - If you can't be with your friends and family give them a call and send some love their way! Especially the ones who may be alone during this time. Examples of platforms to use are FaceTime, Skype, Google Hangouts and Zoom.



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