

When people feel down they are less likely to engage in activities that help to make them feel better. This becomes a vicious cycle leading to more depression, stress, anxiety, and low mood. When patients add positive activities into their lives, it can help their mood. Since COVID-19 surfaced, developing ideas to stay active has become more challenging as older adults stay home to stay safe. Below is a list of ideas that you may have in mind in case patients have trouble thinking of activities.

Physical Activities

- ◆ Go for a walk
- ◆ Running / Jogging
- ◆ Ride bicycle
- ◆ Online fitness class
- ◆ Gardening
- ◆ Online dance class
- ◆ Hiking
- ◆ Walking a pet
- ◆ TV exercise program

Social Activities

- ◆ Call friend or family
- ◆ Video chat with friend or family
- ◆ Join an online book club
- ◆ Watch a movie with others online
- ◆ Play a board game
- ◆ Spend time with friends/family w/ physical distancing

Solo Activities

- ◆ Read a book
- ◆ Do a puzzle
- ◆ Bake / Cook
- ◆ Write
- ◆ Paint / Draw
- ◆ Play an instrument
- ◆ Crafting
- ◆ Have a picnic
- ◆ Photography
- ◆ Singing
- ◆ Watch a movie
- ◆ Visit a museum online

Relaxation Activities

- ◆ Meditate
- ◆ Listen to music
- ◆ Sit in the sun
- ◆ Buy fresh flowers
- ◆ Watch the sunrise / sunset
- ◆ Light a candle
- ◆ Deep breathing exercises
- ◆ Muscle relaxation
- ◆ Take a bath

Spiritual Activities

- ◆ Prayer
- ◆ Meditate
- ◆ Read spiritual material
- ◆ Online spiritual services

Other Activities

- ◆ Volunteer at home or in the community