

NorthWest Arkansas Community College

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News

30 Creative Ways to Spend Your Free Time During COVID-19



As we continue to safely social distance during the COVID-19 pandemic, the NWACC Counseling & Wellness Center has compiled a list of creative ways to spend some of your newfound free time. Remember, the center is just an email away for any of your mental health needs - counseling@nwacc.edu.

30 Creative Ways to Spend Your Newfound Free Time:

1. Write your best friend a postcard (people LOVE mail).
2. Schedule a Skype or FaceTime session with your friends and family so you know when you'll next "see" them.
3. Have a movie marathon. You could pick an interesting theme, like travel (Lost in Translation, Wild, Before Sunrise), art history (The Da Vinci Code, Goya's Ghosts, Frida).
4. Do crafts - string beads into a bracelet, try knitting or try painting by numbers.
5. Give yourself a mani/pedi.
6. Create a playlist with happy songs, and sing along!
7. Browse your cookbooks or food blogs for an easy but healthy meal.
8. Call a supportive friend or family member.
9. Have a go at sudokus and crossword puzzles, watch TED talks or listen to captivating podcasts.
10. Give your bedroom a mini makeover – especially if you spend much time in it! Hang new pictures on the wall, change up your pillow covers or display pretty items on a mirrored tray. Browse Pinterest for cute but doable DIY ideas.

11. Reminisce by compiling a photo book of the special moments in your life.
12. Turn a boring day in bed into a 'slumber party for one' - put on a movie, make some dark chocolate and sea salt popcorn and lean into the downtime.
13. Build your own fantasy football team and join an online competition.
14. Learn to play a new song.
15. Bake something sweet yet nourishing.
16. Keep a journal. It can be a safe way to express your feelings as well as boost your happiness by listing what you're grateful for – despite your struggles – each day.
17. Treat your body well - do some gentle stretching and nourish yourself with herbal teas or veggie juices.
18. Watch an entire season of your favorite TV series - take advantage of the downtime.
19. Create a physical mood board. Collect inspiring images, magazine clippings, motivational quotes or fabrics – anything that helps you visualize your dreams, decorating scheme or signature look.
20. Sink into the tub for a long luxurious bath, with bubbles of course!
21. Play Solitaire, solo chess or a smart game.

22. Go for a slow walk around the block. Maybe you can pick up a magazine or flowers to boost your mood.
23. Document your daily life with photographs. Even a dull day becomes fascinating when you're trying to spot the beauty in everyday moments.
24. Find something that makes you laugh: a YouTube-video, hilarious joke or a comedy show.
25. Buy a coloring book for adults and get your crayons ready for some soothing creativity.
26. Grow a small herb garden in your window box.
27. Plan a fun event for when you're not needing to social distance – a mini road trip, a concert or a night out with friends. You could also buy a Future Listography Journal and make lists of all the cool things you hope to do one day.
28. Disconnect from the world for a little while. Listen to relaxing music and just stare out the window.
29. Avoid alcohol and other drugs. Alcohol is a depressant and may have a negative affect on your emotional state.
30. Plan and cook a meal with friends through Skype or FaceTime.

Stay well, safe and healthy!

- NWACC Counseling and Wellness Center