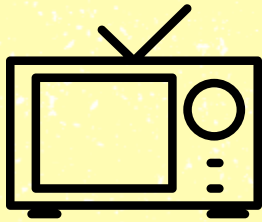




Physical Distancing Bucket List

Three ways to stay socially connected, while being physically distant



Virtual movie critiques: Pick a movie for relatives or friends to all watch in their own homes. Then plan a phone chat following the movie to discuss your favorite and least favorite scenes



Exercise at eight!: Okay, maybe not 8 a.m. if you are not a morning person, but pick a time with a relative or friend to exercise your body or mind, give each other a call following your stretch session or your mid-day meditation to hold each other accountable



Satisfy your senses: Call a relative or friend and think of ways that you can utilize each of your senses that day. Try to come up with new ideas for each sense each day. For example:

Hearing: listen to my friend's favorite pianist

Seeing: count how many red objects I own

Touch: tapping each finger together

Taste: try a new food combination

Smell: take a moment to smell the morning coffee