



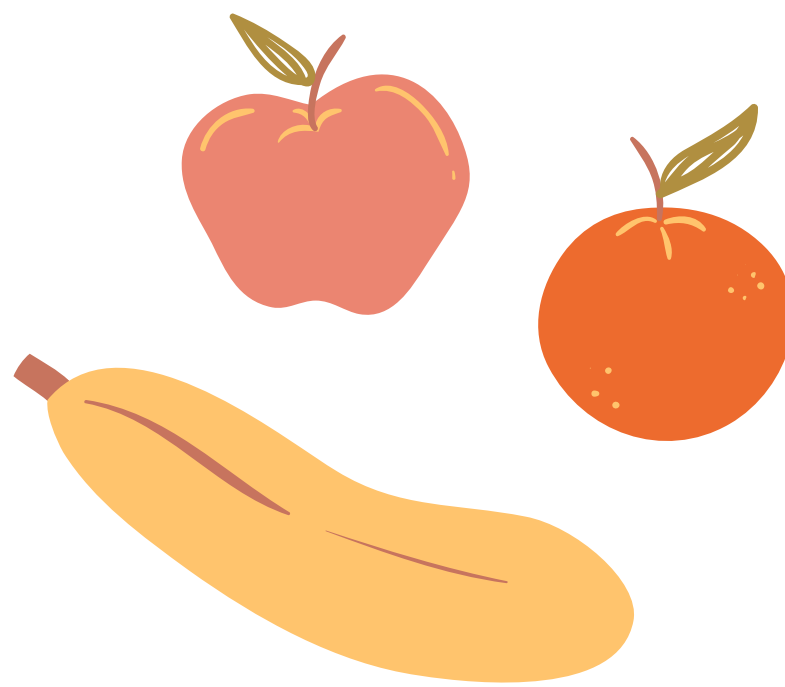
ARIZONA ADVISORY
COUNCIL ON INDIAN
HEALTH CARE



HOW TO MAINTAIN A "BALANCED LIFE" IN LOCKDOWN



Create a daily
Journal



Eat a good &
healthy food



Play with your
pet



Share stories with
your loved ones.



Stay hydrated



Keep in touch with
your friends and
family.



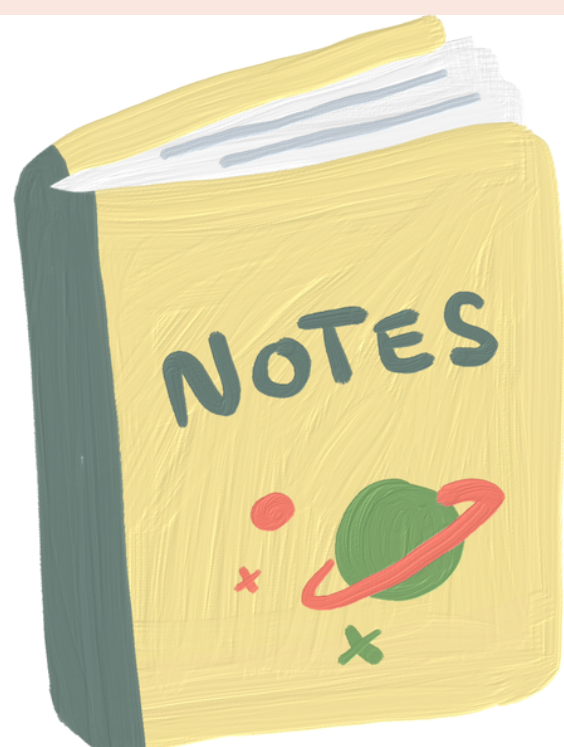
Be gentle, kind and
compassionate to
yourself.





LEARN NEW HOBBIES AND SKILLS

Sites like Coursera and YouTube offer free lessons on a variety of subjects, from music to painting to astronomy to yoga! Local libraries also have books and videos that can teach new hobbies and skills.



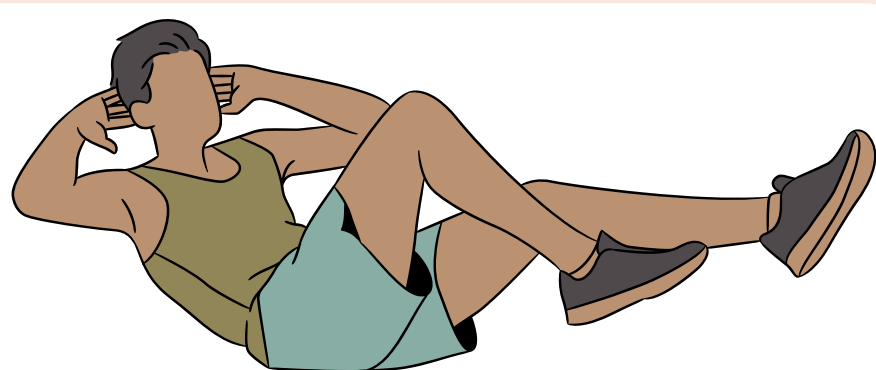
Learn about something NEW!
Anything NEW!
Astronomy?
Mathematics?
Geology?



Learn a New Language
Free apps like Duolingo can be downloaded on a smart phone or online.



Learn to Play a Musical Instrument or How to Read Music!



Learn a New Sport/Exercise
Yoga, Jogging, Home Workouts, Frisbee, etc. The sky is the limit!



Learn to Cook! New and Healthy Meals can be fun for the whole family!



Learn to Sketch, Draw or Paint!

