

TEN WAYS TO ENTERTAIN YOURSELF BESIDES EATING



READ

Reading is a form of entertainment it can take you places, improving your knowledge of the world. Some other benefits of reading are that it improves your mood, memory and expands your vocabulary. It reduces stress, educates you and boosts creativity.

3 EXERCISE

Exercise helps to control your weight and improve your mental health mood. It helps you manage your blood sugar, insulin levels, blood pressure and circulation.



You can stretch, dance, and do abdominals or sit ups, skip, and yoga at home as some examples.



BROWSE THE INTERNET OF SOCIAL MEDIA

The internet is filled with information for learning, entertainment, sharing and socializing via social media platforms.

Start a blog about something that interests you. You can scroll through Pinterest or shop online, video call your family and friends. The Internet takes you places virtually without having to leave your home.



4 PLAY GAMES

Games help to pass time quickly and can be played by yourself or with friends and family: I spy, truth or dare, Twister, Solitaire and other card games, board games e.g. Monopoly, virtual games e.g. PlayStation, Wii, ball games such as football,



Sleep reduces your calorie intake. It also improves your mood, immune function and reduces inflammation to help you stay well and healthy. It also improves your brain function and concentration.

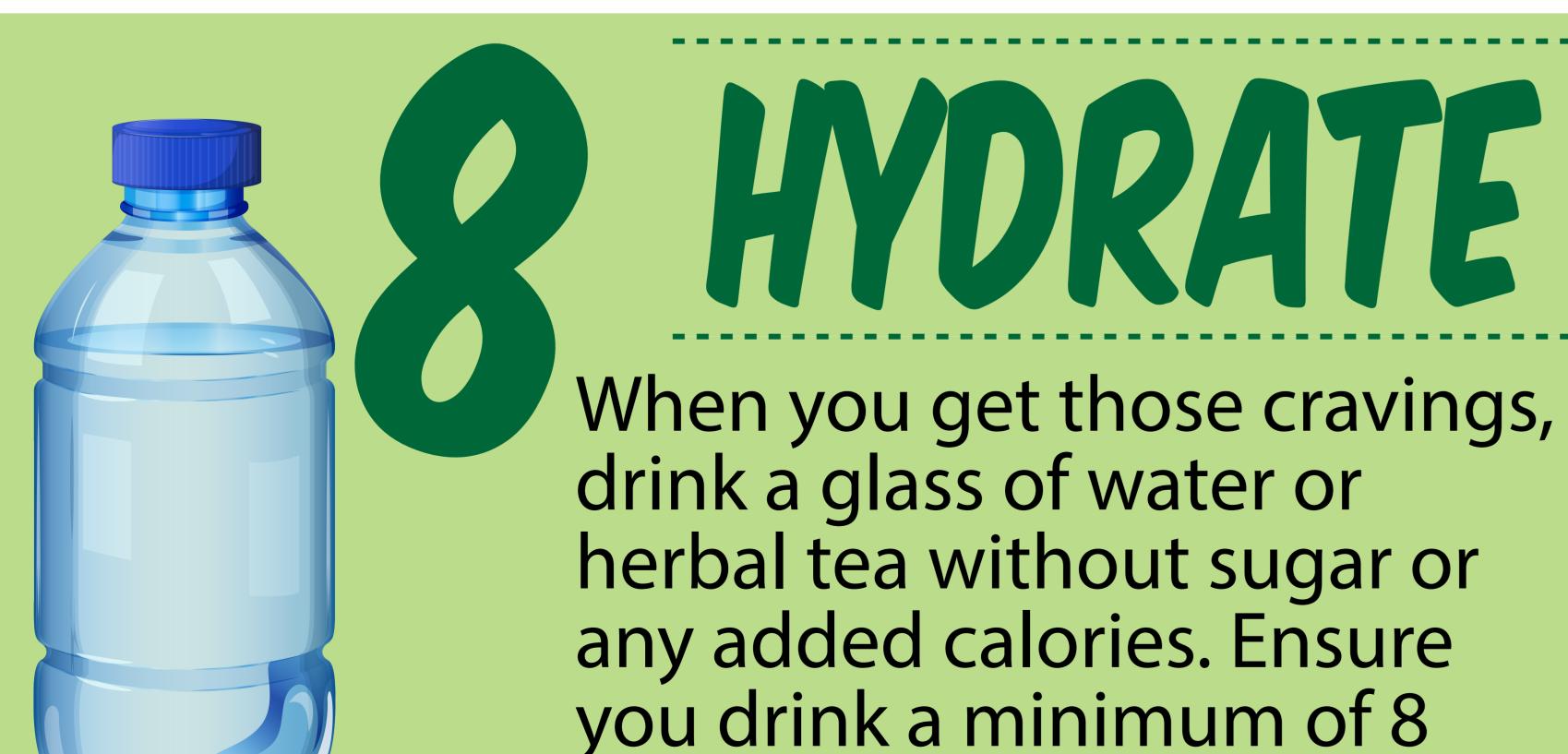


events.

GET CREATIVE

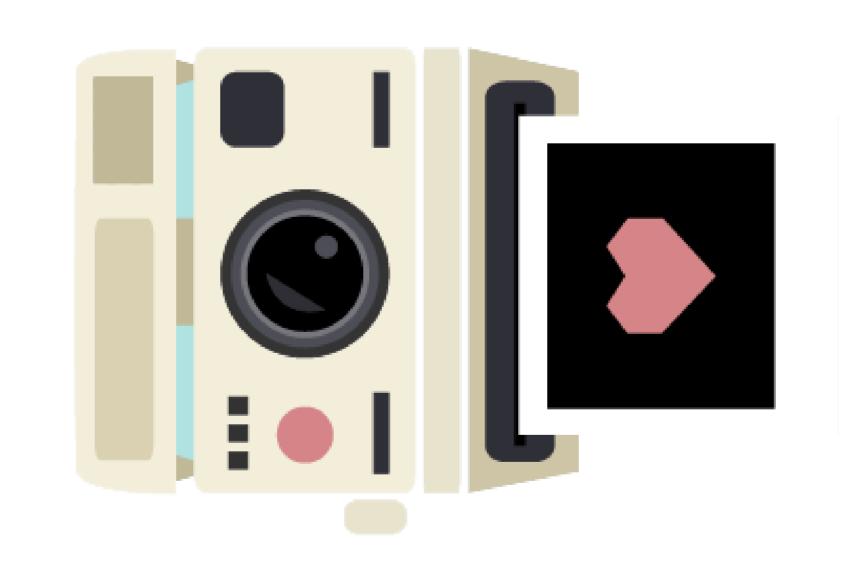
Create a vision board for your goals or a scrap book or collage with old magazines, newspapers or photos. Have a mini photo-shoot at home, make a bucket list. Paint, doodle, colour or draw.





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glasses of water daily.



TAKE A WALK DOWN MEMORY LANE

Scroll through photos and videos or photo albums, go through old journals or diaries.



Clean and tidy up your space, rearrange your living space, do laundry, fold and put away clothing - put clothes to give away that you may not wear again.

Get ahead on school work or work projects, update your resume, clear out your email inbox and phone or computer. Do a free online class or course, learn a new language.

Plan for an upcoming occasion or your future. Meal prep for the upcoming week.





