

By Ben Patrick Johnson

ONE OF THE ISSUES THAT'S STARTING TO COME UP AS MORE AND MORE OF US QUARANTINE IS FEELINGS OF ISOLATION, LONELINESS AND RESTLESSNESS. BUT THERE ARE LOTS OF THINGS YOU CAN DO TO STAY CONNECTED AND BUSY. HERE ARE A FEW EXAMPLES WE CAME UP WITH:

1 - TEACH AN OLD DOG NEW TRICKS. RE-INVEST IN YOUR RELATIONSHIP WITH YOUR PETS. TEACH YOUR DOG AND CAT TO DO WACKY STUFF, THEN MAKE VIDEOS.

2 - LEARN TO KNIT. ENOUGH SAID.

3 - BINGE WATCH...EVERYTHING. THE UNIVERSE GAVE US NETFLIX AND NETWORK SITES WITH ON DEMAND VIDEO. DON'T ARGUE WITH THE UNIVERSE.

4 - STUDY A FOREIGN LANGUAGE. LAURA ANNE IS LEARNING SWAHILI. SERIOUSLY.

5 - GENTLE HOME WORKOUTS TO DANCE AND YOGA VIDEOS AVAILABLE ONLINE. SOME OF THEM ARE SERIOUS WORKOUTS. SOME OF THEM WILL CRACK YOU UP.

6 - VIDEO CHAT EVERYONE YOU KNOW. THEY'LL BE HAPPY TO HEAR FROM YOU.

7 - FINALLY DO THOSE SMALL HOME REPAIRS. THAT LIGHT SWITCH IN THE BATHROOM THAT IS CRACKED AND DOESN'T TURN ON RIGHT? FIX IT.

8 - ORGANIZE THAT CLOSET. THE HORRIBLE ONE WITH ALL THE JUNK JAMMED IN IT.

9 - AUDIOBOOKS. THERE'S A NEARLY UNLIMITED SELECTION AVAILABLE ONLINE. EXPAND YOUR WORLD WITHOUT LEAVING THE SOFA.

10 - GARDEN AND TAKE CARE OF THE YARD. IT'S GOOD EXERCISE, YOU'LL GET SUN, AND THE ROSES AND SUCCULENTS WILL THANK YOU. MAYBE EVEN GROW SOME VEGETABLES.

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