At this point some of us have been cooped up in our houses with our roommates or family for several weeks! I know that things have been stressful, and possibly even tense with roommates turning into built-in coworkers and classmates as we take work and school home full time. In order to be the best student, you can be, it is important to also take care of your mental health. The CDC recommends spending time during the day where we limit our exposure to the news. During this time to help reduce stress and possibly ease tension there is, let’s talk ideas for fun activities at home. The CDC states that connecting with others is one of the ways we can reduce stress during this time;

Classic Family Game Night:
Whether you are with your family or with roommates having a scheduled game night can give you something to look forward to during the week and make the weekend feel like a weekend. As a family you can play one of your old favorites or as roommates you can each bring one of your favorite classic games.

Online Alternative:
Zoom is an awesome tool to help stay connected and now there are games available to play online with your loved ones. There are online games like Uno, and Jackbox that make it easy.
Nailed It:

If you haven’t seen the popular show on Netflix, Nailed it, basically it is a baking competition for amateurs where they try to create the professional cake presented. There are a variety of ways you could recreate this show at your own home. You and your baking buddies could prebake all the cakes together and then just make the decorating the competition portion. You could also do the full having to bake the cakes separately, but many of us probably don’t have six ovens to attempt this. You can watch the show to find a cake you want to attempt mimicking or find a cake online to try to copy. You can call an outside party to judge or cast votes among yourselves or just do it for fun.

Online Alternative:

Videoing on Instagram or Zooming in with friends is another way to do this activity! Instagram has polling so viewers can vote for their favorite cakes.

Non-food related alternative:

You can do the same sort of activity but painting along with Bob Ross.

KYLIE CARR, SENIOR PEER HEALTH EDUCATOR
Workout Class:
One of the big problems with quarantine is not moving as much as usual. Exercise can reduce stress and I am sure many of you are missing the gym. Working out with your family or friends is not only good for your body but helps to create an environment that promotes health. As a group you can figure out what type of workout style class you would like to do (i.e. Zumba, Kickboxing, Yoga, Pilates, HIIT, Chair Yoga, etc.) Then simply look up what works for your group. There are lots of free workouts online that have modifications for every body type and at home equipment.

Outdoor Sports:
I am so thankful that the weather has been beautiful this quarantine. Being able to get outside, six feet away from people of course, has been a huge stress relief. Me and my roommates have been playing basketball, volleyball and tossing around the football. Classic games we used to play have been a fun way to get outside and active.

Alternative:
I have started jumping rope which has been very relaxing outside. (My downstairs neighbors would not appreciate it if I did it in my apartment). This could be a good time to start training for a 5k or 10k or finding friends who would want to do the OKC Memorial Marathon Relay with you coming in October.

Book Club:
This can be done with those you live with, friends online or a combination of those. Reading is a way to help take your mind off of stressors and feed energy into something that also can provide increased mental stimulation and knowledge.

KYLIE CARR, SENIOR PEER HEALTH EDUCATOR