

# Relationships and connections with others.

Activities for being at home to support your self-care.

Call your friends.	Text those friends you know who live alone.	Bake or cook together.	Handwrite notes that can be posted to others on a walk around the neighbourhood.	Listen to one another.
Make something together.	Watch a film, tv series or documentary together.	Learn a new platform together.	Undertake an online course that engages with a community of supporters.	Listen to music together and from a playlist on Spotify.
Play an interactive game online with your friends.	Play an interactive game online with your friends.	Write a song or create a play.	Play a board or card game.	Create a slow cooker meal and enjoy together.
Research family history or another topic of interest.	Listen to a podcast and then have a virtual discussion group or discussion within your home.	Engage with your peers online via social media sharing your self-care moments through hashtags such as #dailyselfcare #mindfulselfcare #everydayselfcare #selfcare	Explore a Museum or gallery online TIP: Try these links here for starting points <a href="#">The J. Paul Getty Museum, Los Angeles</a> , <a href="#">British Museum, London</a> , or <a href="#">Guggenheim Museum, New York</a>	Cuddle, walk, and/or play with your pets.