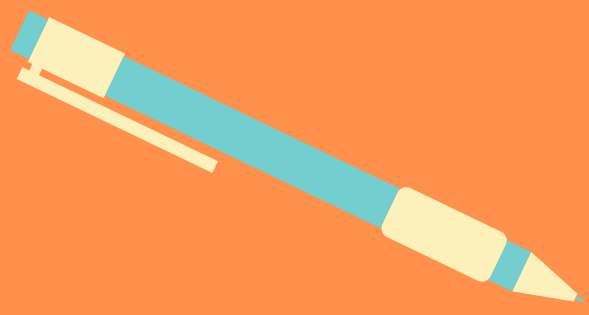
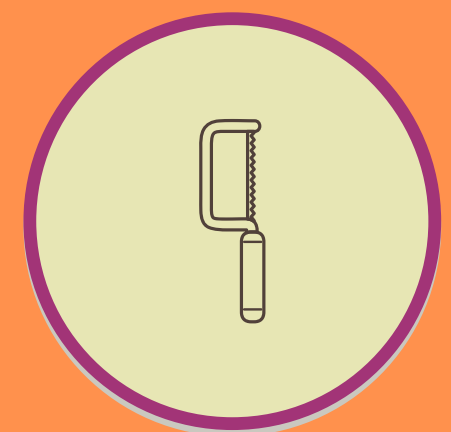


Being Productive In Quarantine



Learn a new skill. There are helpful resources online such as Udemy, Khan Academy, Skillshare, and others where you can upgrade your knowledge or learn something completely new.

Instead of just binging on Netflix, start that project you've been wanting to get to but just haven't had the time. Maybe it's home improvement, a craft project, or a deep Spring clean. Maybe it's journalling, or storywriting, or a spiritual discipline.



Keep (or get) physically fit. Now that the weather's getting nicer, get outside and enjoy some sunshine. Take a walk, ride a bike, go for a run (with good social distance). Do an exercise video on YouTube and connect with friends on a video call and do an activity together. Use the space you have to create your own workout.

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