

Enjoying your time at home

As businesses start to reopen and life begins to return to 'normal' many of us are still spending more time at home than before. Here's ten ideas to give you some inspiration for making the most of your time.



Ten ideas to make the most of your time at home

- 1. Connect with family and friends** - If it isn't possible to meet up with our friends and family in person, it's still important to keep in touch and socialise virtually. Video call all your friends at once using Zoom or the Houseparty app or use Skype, Facebook Messenger, WhatsApp or FaceTime. Reconnect with an old friend you've been meaning to get in touch with and keep those regular check-ins going.
- 2. Explore virtually** - Did you know NASA has made its entire [media library](#) public? Take a look at some breath-taking views of space. You can also take a virtual tour of some of the world's greatest museums and heritage sites with Google Street View. Visit the [Egyptian Sculptures](#) at the British Museum or immerse yourself in masterpieces at [The National Gallery](#).
- 3. Start your cleaning** - A clean space can help to increase productivity, reduce stress, improve your mood, get you moving and give you a sense of accomplishment. The warmer months give us a chance to open the windows and freshen our spaces. Start small and before you know it your space will be spick and span.
- 4. Join a book club** - Finally read that book! Check if your local library has an online borrowing service, join a book club through social media or start one with friends and family. Explore different genres and find your next favourite book with the [GoodReads](#) app. For something different, give audio books a try.

5. Discover a new podcast – Podcasts make excellent audio entertainment to keep your mind busy while cooking, cleaning, or just relaxing. Some of our favourite podcasts are: How To Fail With Elizabeth Day, TED Talks Daily, Happy Place, Desert Island Discs and No Such Thing As A Fish.

6. Watch a new (or old) TV series – With plenty of time inside, it's a great time to binge-watch your favourite TV series guilt-free! Or perhaps re-watch some classic films, or new releases. Netflix Party allows you to host long-distance movie nights or TV watching parties with your friends, turning it into a social activity.

7. Clear your mind – Practicing mindfulness meditation can be a great way to manage stress, boost compassion, focus, empathy, patience, energy and ultimately happiness. Some of our favourite mindfulness apps are Headspace, Smiling Mind and Calm. If you want to learn more about what mindfulness is and its benefits, [visit the Headspace website](#).

8. Try out a new recipe – Take a challenge to try a new style of cooking and make a new dish with some different ingredients. There are lots of online recipes to fire up your imagination.

9. Learn a new language – Learning new things is great for our wellbeing so why not try to learn a new language and test out some phrases on your colleagues around the world. Search for Duolingo on the App Store or Play Store and start learning today.

10. Challenge yourself – Try a fitness challenge such as [30 days of yoga with Adriene](#), or a home workout video from [Fitness Blender](#). Take up a new indoor hobby such as drawing, painting or playing an instrument. Sign up for an online class to learn a new skill.

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