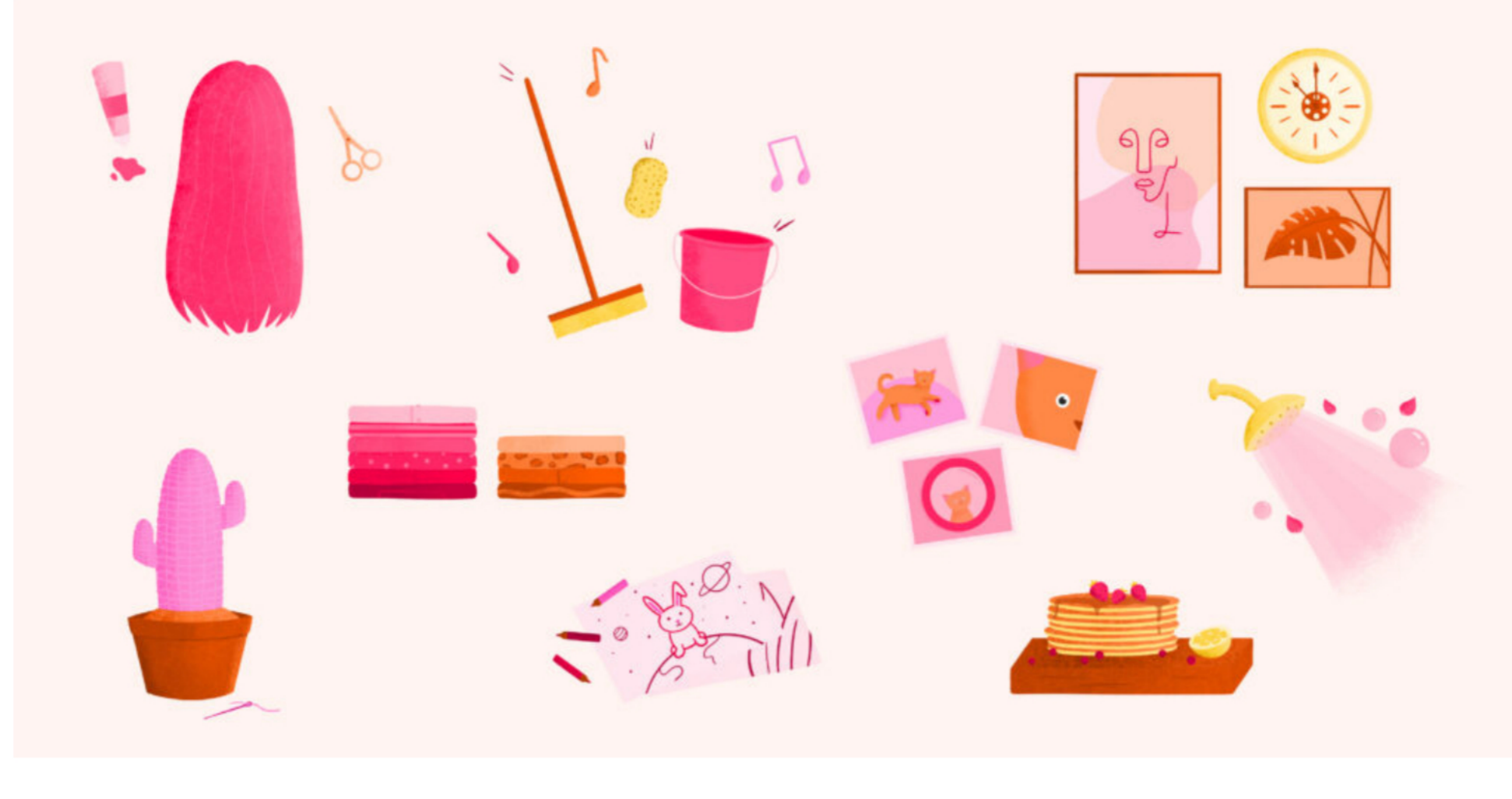


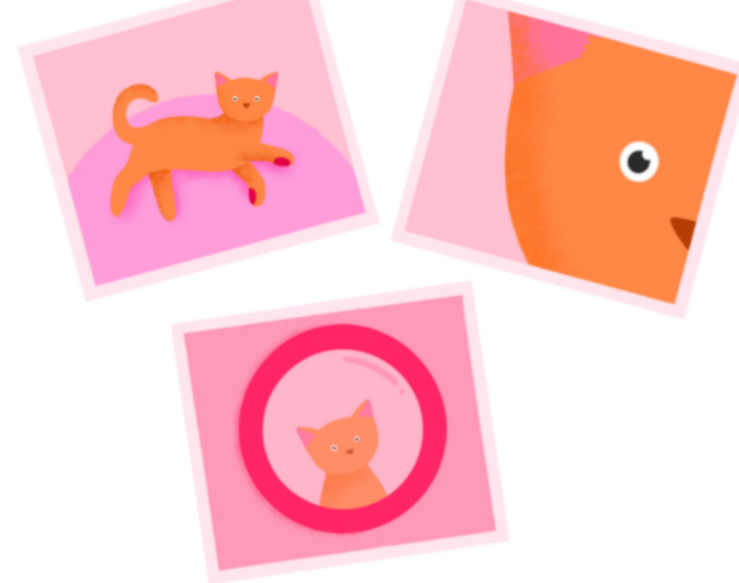
## 9 Wonderful Ways To Get Your Mind Off Things

It's more than OK to have some fun

April 04, 2020 | 2 min. read



Making sure your day includes entertaining activities is more important than ever. It will help you – and the people around you – stay calm. Need a kick-start? Here are some great ideas to get you going.



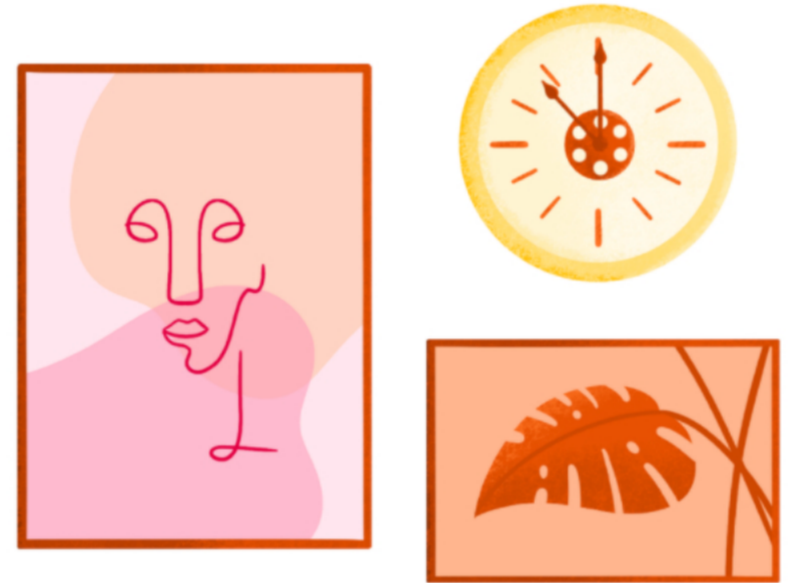
**Silly pet collage**  
Got a pet? Then you know they do all kinds of silly things during the day. So pick up your camera and take as many pictures as you can. And at the end of the week you make a **collage** of the ones that make you laugh.



**Dust a Move**  
Cleaning your house is a great way to exercise, so let's make it a workout you actually enjoy. Secretly love to sing out loud to Taylor Swift? Or do you just have to dance when Young MC says **Bust a Move**? Create a **list** of your favorite guilty pleasures and turn up the volume every time your house needs some dusting.



**Clothes by colour**  
According to the organizing guru **Marie Kondo**, tidying up brings joy. So now is the perfect time to reorganize that messy closet. Start by throwing out your old clothes and sort the pieces you keep by colour. Joy guaranteed every time you open those closet doors!



**Jazz up a boring wall**  
Now is a great time to decorate that dull wall. Dig into your hard drive and look for beautiful holiday pictures or ones that simply make you smile. Choose your favorite and turn it into an impressive **piece of art**. Can't choose? Create a **collage** of all the pictures you love.



**Crochet a cactus**  
Did you know that crocheting can be a very mindful activity? Because you have to keep on counting stitches, it takes your mind off everything. Are you a cactus lover? Great news – it's **really easy** to crochet cute cactuses.



**Draw 'funimals'**  
Drawing is a great way to entertain kids and secretly release your inner child at the same time. Collect every pencil, marker and piece of paper you have lying around and spend some time **drawing funny animals**. Don't hold back – exaggerate every weird feature!



**Bubble time!**  
There's nothing more soothing than a hot bath or shower after a long and tiring day. So really make your daily soak count. Take your time and use **bath and shower products that smell amazing**. Maybe go a little crazy and order two. Or three.



**Hip 'n' happening hairstyles**  
Your hairdo might start to look a little strange about now, so why not have a little fun with it? Maybe style it like your favorite singer, or learn some groovy **new hairstyles** and go all out.



**What's cooking?**  
Not having to commute saves time. But don't waste it on mind-numbing chores – cook instead. Want a new culinary challenge? Give **mindful cooking** a go. It combines great food with a meditative mindset.

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