

Hobbies (e.g. puzzles, knitting, and painting).



# INTELLECTUAL WELL-BEING



Go through your digital photos and make a photo album (e.g. [Shutterfly](#), [Picaboo](#)).

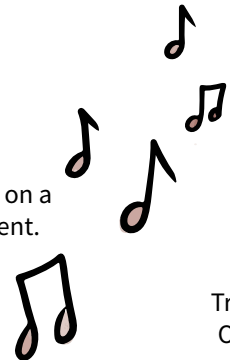


Reading (start that book series you've been wanting to read)! Maybe take advantage of e-books at your local library (Guelphites: see [e-books at the Guelph Library](#)).

**Recognizing creative abilities and finding ways to expand knowledge and skills\* during COVID-19**



Learn a new song on a musical instrument.



Try a new recipe (check out Jamie Oliver's '[Keep Cooking and Carry On](#)' series and [flexible recipes](#))



Practice a new language (e.g. [Duolingo](#)).

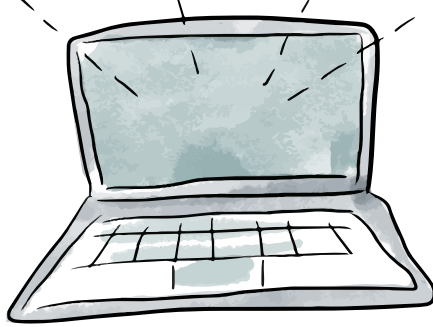
Listen to podcasts (e.g. David Burns' '[Feeling Good](#)'; Dr. Steven Taylor's '[What Happens to Our Minds During a Pandemic](#)'; and Dr. Seja Patel's '[Are you the perfect quarantine parent? \(No, and there's no need to be\)](#)').

Check out [Broadway musicals](#) (for free!)



Online courses (many are now free during COVID-19 social distancing, including Yale's [Science of Well-Being](#), the University of Toronto's [Mind Control: Managing Your Mental Health during COVID-19](#), and Starling Minds' [Managing Stress and Anxiety During COVID-19](#)).

Online games (bonus points for doing this virtually with friends – social well-being too!)



Check out [virtual travel options](#) (including sites like [le Louvre](#) and the [Sistine Chapel](#)!) or museums like The British Museum's '[Museum of the World](#)'.

\* [Swarbrick and Yudorf, 2015](#)

