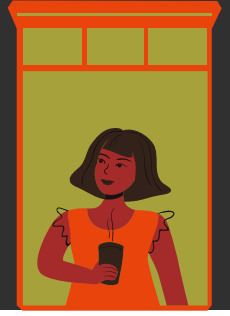


28 Things To Do WHEN YOU'RE SICK OF SCROLLING



Learn/Create

- Read an article
- Practice a foreign language
- Make some art
- Read a book
- Listen to a podcast
- Take an online course
- Make a vision board

Make/Do

- Cook/bake a new recipe
- Take some photos
- Declutter your space
- Organize your email inbox
- Write a letter
- Do a craft project
- Deep clean a room

Relax/Chill

- Meditate
- Fix a fancy beverage
- Journal
- Chat on the phone
- Take a bath
- Stretch your muscles
- Make a gratitude list

Play/Share

- Play a game
- Go for a walk outside
- Record a voice note to a friend
- Fill in a coloring page
- Sit in the sun
- Dance in your living room
- Work out