



Personal Strengths & Assets

Follow Health Departments Safety Measures in regards to being in the community.  
 Develop a routine/schedule to spread out activities to prevent boredom  
 Focus on a hobby and try out new hobbies  
 Make sure you are productive during the day - get moving, be productive  
 Continue to work if possible and/or do daily chores around the home  
 Monitor you mental health - focus on what you can control  
 Dont isolate - stay social - reach out to friends and family

Cell phone  
 Face Time  
 Virtual tours  
 Online art or educational classes  
 TV Streaming services  
 Internet services  
 online ticketing purchases  
 Tablets  
 Laptop  
 Home delivered groceries  
 Home delivered medications  
 Exercise classes online  
 home movie projectors  
 for movie theater experience

Netflix party  
 Download books to read (take the tablet outside and read)

Family  
 Friends  
 Pets  
 Church family  
 work family

connect via  
 phone  
 facetime  
 zoom  
 writing an  
 email or letter

Use social  
 media to  
 connect with  
 others

What are you doing this summer?

Accessible Community Parks  
 Drive in Movie Theaters  
 Grocery Stores  
 Outdoor concerts  
 Church  
 Resturants  
 Short road trips around the area  
 Lake  
 Fishing  
 Dog park  
 Walking the dog  
 Volunteer  
 Going swimming

Sports Leagues  
 Annual passes to entertainment parks  
 Gym memberships

Technology

Relationships

Community Based

Eligibility Specific

