

Start Meditating or Journaling

Getting into a habit of introspection can help boost your mood and improve your relationships. People who practice meditation tout its soothing effects. Similarly, journaling about whatever's on your mind can have therapeutic effects and tap into your creative side. You may not write the next great American novel, but you can explore some ideas that might otherwise have simmered in your subconscious. Also get your kids involved to teach them introspection and communication skills.

Take Up a New Language

There are many apps to learn a language online, each with their own pros and cons. One similarity between them is that they are all stress-free environments to learn a new language. Self-conscious about your accent but interested in learning Spanish or French? Practice vocabulary online for just thirty minutes a day, and soon enough you'll be able to follow conversations with ease. You and your kids can learn together through apps that have friendship functionality.

Catch Up with Some Old Friends

Have you been meaning to reach out to your old high school pals for ages now, but never gotten around to it? Now's a great time to check in! You don't have to limit yourself to email or messaging when communicating over long distances. Consider video chatting, playing video games together, or hosting a Netflix group-watching party.