

# Stay at Home

A FUN LITTLE  
GUIDE TO NOT GOING CRAZY  
FROM A FRIENDLY INTROVERT!



*Adults Only*

Because my humor got the better of me!

So many extroverts are having problems with STAY AT HOME orders. So let's make this easier. You don't have a choice so you might as well enjoy the time spent alone. There are numerous ways to do just that.

Okay, I know introverts that are hurting as this point too. There are keys that most people are missing.



### 1 Keep your schedule!

One of the first things that happens when someone loses their job, retires, or really any big life change, is they lose their schedule. Why go to sleep on time if you don't have to get up in the morning?

The more you lose your regular schedule the worse you feel. Go to bed on time. Eat when you normally do. Schedule new activities when you would normally be at work and space out your "day off" agenda to fill gaps.

### 2 Talk to people

STAY AT HOME! You can talk to people with video chats. Messenger and this weird contraption called a phone that actually makes phone calls. Do yourself a favorite and try to keep your introvert friends off that list. They'll call you if that's their thing. What about old fashion letters?



### 3 Make a list (muhahaha)

Remember being a child and having all those wild ideas about what you wanted to be when you grew up? Start the list.

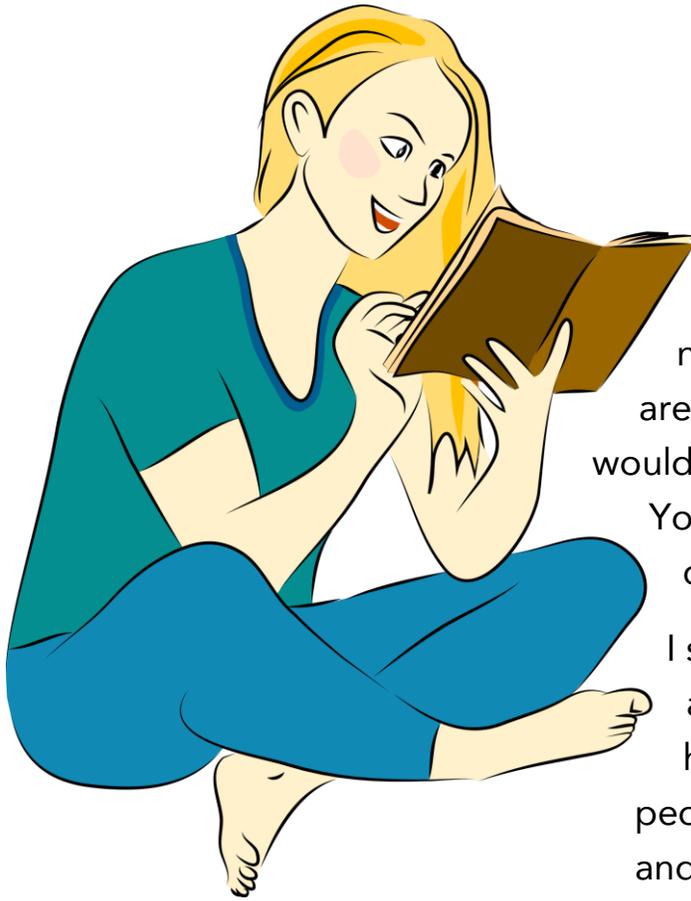
What about all the things you've wanted to learn but never had the time. Start the list.

All those weird ideas that came to you in the shower? Start the list.



The interesting things you could do if the world goes to hell? Huh, just me? Off to start my list!

# Reading



For me, and millions like me, this is essential 101. **We do this for pleasure!** No you don't need to go hit the bookstore, or Amazon. There are authors and publishers with their own sites that would be happy to mail you a book. Or, hit Kindle. You can find reads delivered to your electronic device with instant gratification. AH!

I suggest starting with a search of your area/state and local authors and publishers. You'll be helping your local economy and find new people to meet once those activities are back up and running. Like conventions and signings.

Always wondered why people love those classics, it's because they are classics! They've been read a few million times over and not because they are an *Influencer* (*blah!*) but because they are beautiful in a way that modern society can't replicate. You can read free classics at [gutenberg.org/](http://gutenberg.org/) including Sherlock Holmes (yeah it was a book first) and kids books, Alice in Wonderland is a personal favorite to revisit. Then, once you've read these tried and true novels. Find a discussion group for a little social fun.

Still not sure? Ever tried an audio book?

Go sit in the sun while you read!

Take a bubble bath while you read.

Drink while you read. Just don't spill it.



**Already an avid reader?** Always thought about writing a book? Really?  
**Do you have something better to do?**

# Cleaning

This chore can actually be lots of fun!

**Hey, stop laughing!**

There is a sense of accomplishment when something is clean that many people are missing and we are all in need of a little extra clean.

Start at the top and work your way down. Clean out those pesky catch all drawers. The back of that closet hasn't seen the light of day in years.

Thought about your car? All the germs being brought in and out everywhere you go?

Bottoms of those shoes that have traipsed round the world? Don't want to worry you but you've walked over the same spot as thousands of other people and I'd be afraid to ask what we've all been walking through.

Seasonal cleaning is always advised now take it up a notch and clean like there is gold under that dirt. Go ahead and make donation piles and sale piles. But hold on to them for now!

Alternatives to antibacterial soap...  
just in case you can't find any.

Vinegar. Add baking soda for a little bubble fun and extra cleaning power.

Dish soap comes in **antibacterial** too. A little water and a spray bottle it's almost as good as 409 (which will take paint off a car, please don't ask how I know this).



# Games

Board games. Card Games (solitaire anyone?). Puzzles.

Online games. **With other people.** Go ahead make new friends... Invite old friends?

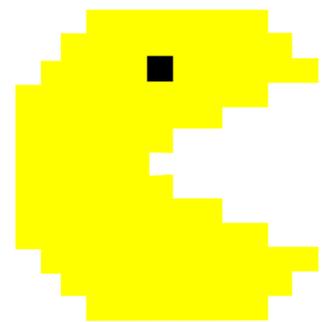
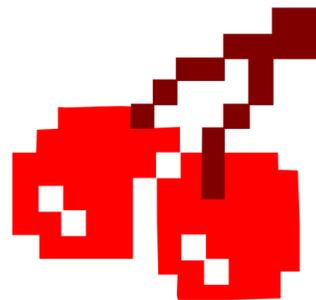
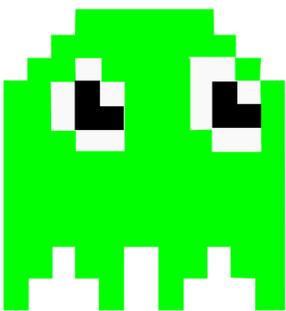
RPG (Role Playing is not just D&D in the basement anymore)

MMORPG. Massively Multiplayer Online Role-Playing Game, yes this is why gamers abbreviate that one. They're fun. There's real people but don't feed the trolls.

[Steam](#) is my son's favorite place to download games! Yes I have an account there too because of him and another. Let's face it Candy Crush gets old and I've beat over 10k levels in the brick breaking one on my phone. When I'm done I might have to find myself a new game.

You can even find classics that you might have played as a child. Oregon Trail? Might be a little too close to reality. Stupid dysentery.

Pacman...pacman is safe!



# Learn a New Skill

There are people all over the world right now selling and giving away skills. Youtube. Freelancing services (I'll suggest [fiverr](#) where I get work from). Trust me, if you want to learn something there is someone who can help.

Languages

Singing

An Instrument

Photoshop

Microsoft

Podcasting (I bet there's a podcast on how to)

YouTubing (I know where I'd look)

Cooking...how to make a really good cup of coffee!

Home Repair

Dancing (Men pay attention)

Meditation

Origami

Self defense

And more and more and more!

**Update old Skills?** College classes that you need? Didn't finish that nursing degree, I bet there is someone out there that can help with that.

**New Resume?** Some people might need them in the coming months.



# Hobbies

Name it! Really!

Cooking. Baking. Mixed drinks (Mixology)? Won't your friends flip if you could do all that the next time they see you.

Painting, writing, sewing, drawing, scrapbooking (take your pictures offline and make pretty albums) calligraphy, knitting, crochet...

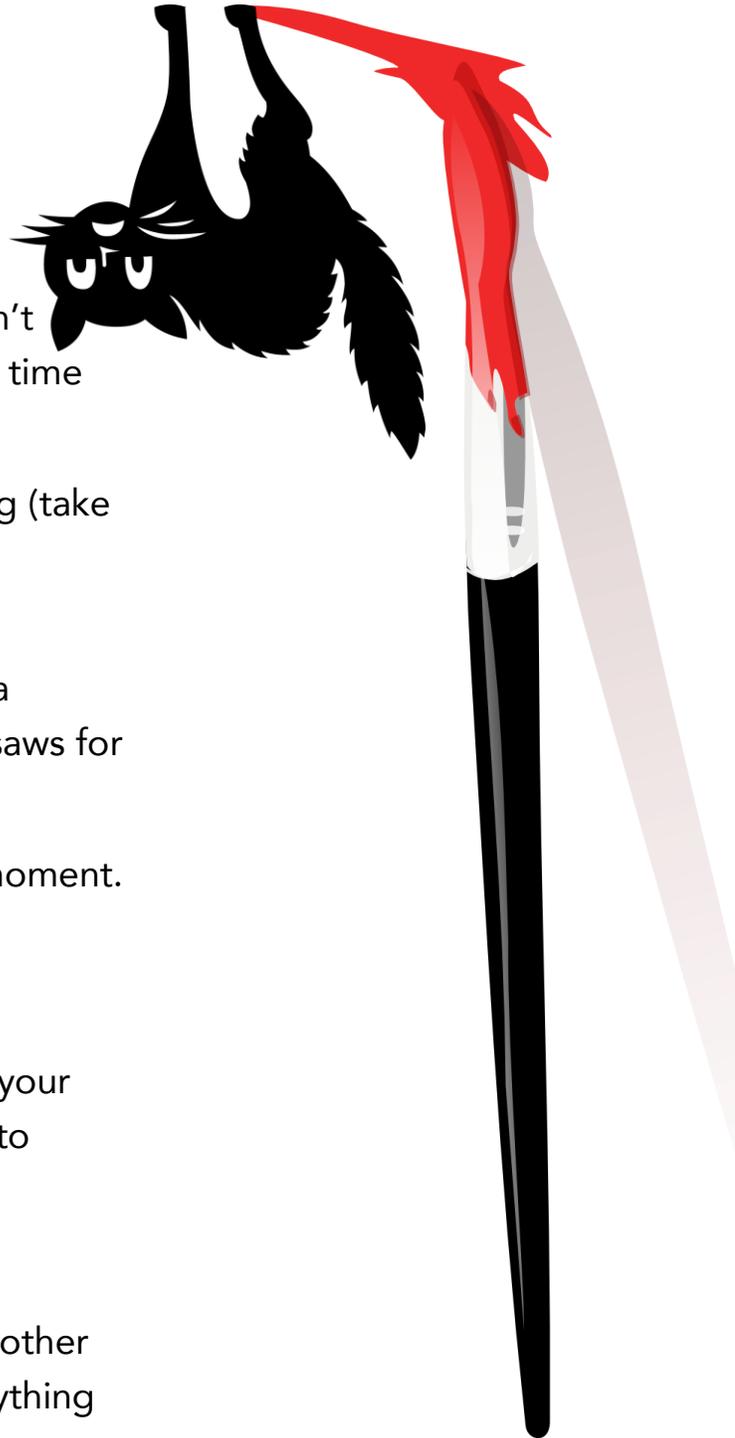
I'm not listing anything that might end up with a hospital trip. Save the woodworking and table saws for later!

Juggling! Please stick with tennis balls for the moment.  
**PUT DOWN THE CATS!**

Makeup? I could use a refresher course.

How to shave those wickedly straight lines into your facial hair. Any other hair, please keep the pics to yourself!

Don't have the supplies? There are companies, other than Amazon, that will be happy to ship you anything you need. Otherwise learn now and practice later.



# Workaholic!

That's me.

I mention this because...I worked for three months straight where the only thing I did was go to the grocery store and work! I thrive on that schedule. Unfortunately with everyone else being out of work, not enough work is coming my way either. So I'm making silly things like this!

Okay a few have been on my list for a while and now I have time to do them! Yeah me?

We all need to do our part and I know for some that staying at home is **extremely** hard. I can almost hear the most social of the world inching toward the door, with little whispers of "no one will know...". **STAY AT HOME!** Do it now and you can socialize later. After three months even I needed to go out and talk to people.

Find something.—anything that works for you. Nothing on this entire list that helps? (shrug) I tried. Start googling and you'll find some way to deal with the current reality of the world.

The important thing...

# Stay Home. Stay Safe.

No cats were harmed in the making of this!

[www.SuzetteVaughn.com](http://www.SuzetteVaughn.com)

