

50 Ways To Stay Healthy At Home

Connect With Someone Every Day

Post Your Talent on the OIT App

Have a Dance Party For Yourself
Pamper Yourself

Work a Puzzle
Do Yardwork
Shower

Organize Closets
Rearrange Furniture
Find an At Home Workout

Get Dressed
Scrapbook

Limit Substance Use

Rearrange Furniture
Find an At Home Workout

Play Tennis Call an Old Friend
Facetime Someone

Clean Out Your Wardrobe To Donate

Clean the House
Go Fishing
Tell Someone How Much They Mean to You

Watch a Documentary
Eat Three Meals a Day
Post a Positive Message on Facebook

Group Chat
Clean the House
Go Fishing
Tell Someone How Much They Mean to You

Read a Book
Bake Cookies
Stream Zoo Cams

Go For a Walk
Group Chat
Clean the House
Go Fishing
Tell Someone How Much They Mean to You

Ride Your Bike
Do Something Crafty
Live Stream Zoo Cams

Do Something Crafty
Live Stream Zoo Cams

Go For a Walk
Group Chat
Clean the House
Go Fishing
Tell Someone How Much They Mean to You

Be Kind
Snapchat
Stretch

Listen to Music
Host a Virtual Book Club
Take a Virtual Tour

Do Yoga
Take a Hike

Play a Board Game
Take a Virtual Tour

Do a Crossword Puzzle
Host a Virtual Book Club

Wash the Curtains
Take Your Medication

Clean Out the Garage
Take a Hike

Play a Video Game
Take a Hike

Do Your Homework
Take a Hike

Exercise
Take a Hike

Learn a New Language
Take a Hike

Make Cooking an Event
Take a Hike

Clean Out Your Wardrobe To Donate
Take a Hike

Spring Cleaning

Connect With Someone Every Day

Need to talk? Reach out!
KF Students: 541-885-1800
PM Students: 503-821-1313
Employee EAP: 800-433-2320

Oregon TECH
Integrated Student Health Center