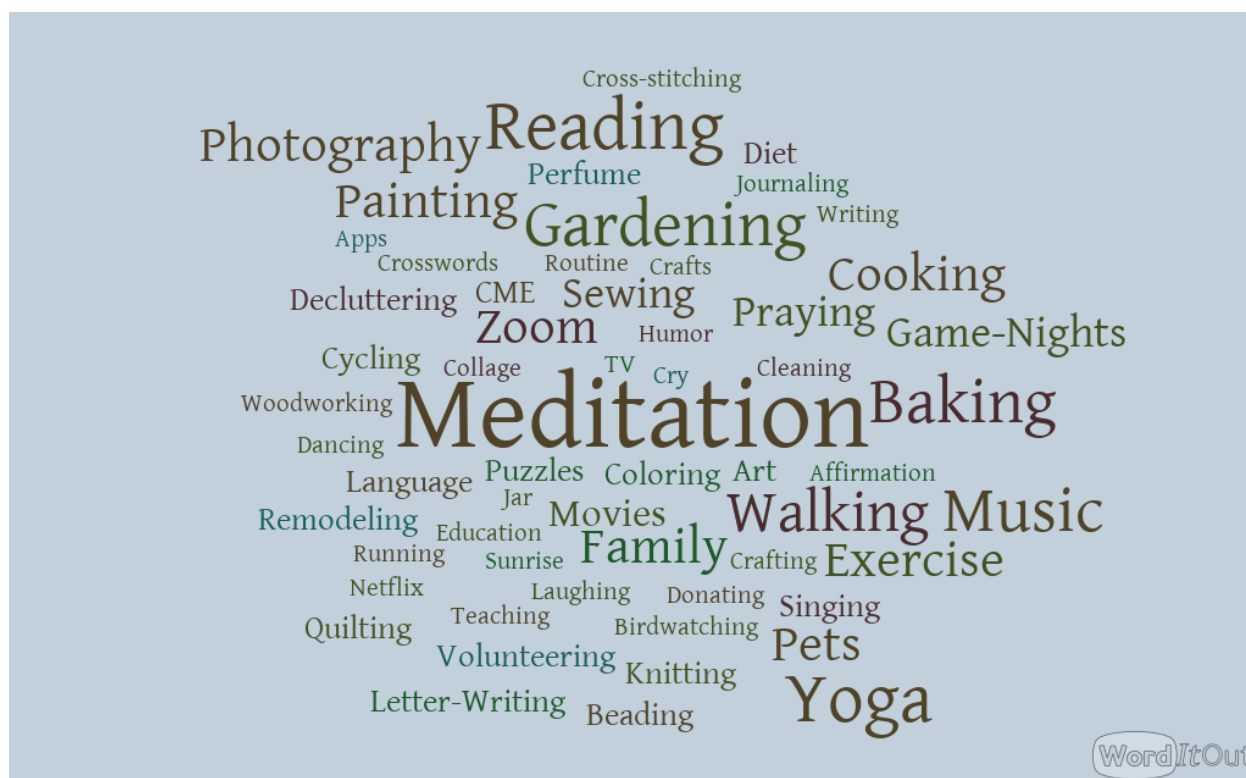


# Hobbies Resource



One of the tips presented by Dr. Brady and Dr. Levy Bell at our recent [Care for the Caregivers: Coping during a Pandemic](#) was to find something you can do that brings you pleasure.

We asked our panelists and participants to share some of their favorite hobbies during the live chat. We had many great suggestions. We have listed some of those ideas and links here along with some BU-CME Office staff favorites.



## Affirmation Jars

[https://www.pinterest.com/search/pins/?q=affirmation%20jars&referrer=sitelinks\\_searchbox](https://www.pinterest.com/search/pins/?q=affirmation%20jars&referrer=sitelinks_searchbox)

## Apps

<https://www.traveldiariesapp.com/>

## Art

[https://www.atlasobscura.com/articles/mesmerizing-map-met-museum?utm\\_source=Atlas+Obscura+Daily+Newsletter&utm\\_campaign=e274e87c95-EMAIL\\_CAMPAIGN\\_2020\\_04\\_01&u](https://www.atlasobscura.com/articles/mesmerizing-map-met-museum?utm_source=Atlas+Obscura+Daily+Newsletter&utm_campaign=e274e87c95-EMAIL_CAMPAIGN_2020_04_01&u)

## **Baking**

<https://www.kingarthurfLOUR.com/>

## **Birdwatching**

<https://www.audubon.org/bird-guide>

## **Cleaning/Decluttering/Remodeling**

[https://www.nytimes.com/2020/04/09/realestate/how-long-does-it-take-to-binge-watch-every-real-estate-tv-show.html?smid=fb-share&fbclid=IwAR194DLLeq4daC6lfZ4Ie0FwBNS0dSGI\\_ypXH2cVz8cfAim7O7FDXkVi7xw](https://www.nytimes.com/2020/04/09/realestate/how-long-does-it-take-to-binge-watch-every-real-estate-tv-show.html?smid=fb-share&fbclid=IwAR194DLLeq4daC6lfZ4Ie0FwBNS0dSGI_ypXH2cVz8cfAim7O7FDXkVi7xw)

## **CME**

<https://www.bucme.org/>

## **Cycling/Running**

<https://www.zwift.com/>

## **Family/Staying Connected**

- <https://www.marcopolo.me/>
- <https://www.zoom.us/>

## **Game-Nights**

- <https://houseparty.com/>
- <https://store.steampowered.com/games/>
- <https://kahoot.com/home/family-friends/>
- <https://animal-crossing.com/>

## **Gardening**

<https://www.aerogarden.com/>

## **Humor/Laughing**

- <https://roadmaptoresilience.wordpress.com/humor/>
- [https://www.youtube.com/channel/UCOe\\_y6KKvS3PdIfb9q9pGug](https://www.youtube.com/channel/UCOe_y6KKvS3PdIfb9q9pGug)

## **Learning a Language**

<https://www.rosettastone.com/>

## **Meditation**

- <https://www.headspace.com/>
- [www.thehealingmind.org](http://www.thehealingmind.org)
- <https://www.tenpercent.com/>

**Movies/TV**

<https://www.netflix.com/>

**Puzzles**

<https://www.whitemountainpuzzles.com/>

**Reading**

<https://www.bookbub.com/welcome>

**Sunrise/Sunset**

[https://www.facebook.com/watch/live/?v=687229995393598&ref=watch\\_permalink](https://www.facebook.com/watch/live/?v=687229995393598&ref=watch_permalink)

**Boston University**

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School of Medicine

Graduate Medical Sciences

Mental Health Counseling & Behavioral Medicine