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If you are a nature lover, then this quarantine must be hard for you. Torn between wanting to follow the stay at home order and social distancing, but missing the outside world.

Here are five activities that you can do by yourself to accommodate the social distancing mandate and your pleasure of being outside.

### **1.) Camping**

Camping can be a great way to unwind and relax. A solo camping trip can help reduce stress from everyday life. This way, you can get away from everything at once. Just you and the great outdoors together for however long you choose.

If you ever wanted to know if you could survive without the convenience of stores and running water, camping might be the activity for you. You can choose to bring some things with you from modern society or go to the extreme and solely survive off the land.



Photo Credit: (Chris Holder) A solo camping trip can help reduce stress from everyday life.

## **2.) Running / Walking**

Going for a nice short run is good for your health and gives you time outside. You get the opportunity to get some exercise and fresh air. A good lap around the track can be beneficial to some people. It is an excellent way to de-stress after a hard day and clear your mind.

If you are not a big fan of running, you could walk a few laps instead. Keep in mind you don't have to run on a track. You can pick any place you like. Best of all, after you get tired, you can return to the safety of your home.

## **3.) Fishing**

A good fishing trip can make you feel stress-free. It is just you, a body of water, and a bucket of bait. Being out on a boat or sitting on a pier in silence, waiting on a fish to bite, can give you a lot of time to yourself. Probably much needed you time.

So if you need silence and solitude, fishing could be for you. You get plenty of fresh air but a quiet space to think, plus if you know what you are doing, you might catch tonight's dinner.



Photo Credit: (Robson Hatsukami Morgan) If you need silence and solitude, fishing could be for you.

#### **4.) Hiking**

A nice hike on a trail would be a perfect stress reliever. A few hiking perks are solitude, nature, exercise, fresh air, and a clear cut path. You can choose to do a long or short hike and be one with nature.

Lucky enough for students at Radford University, there are plenty of hiking trails with a short distance from the school. Radford's very own Bisset Park has a trail.

After a long day of zoom classes, a hike might be just what you need.

#### **5.) Stargazing**

If you are someone who isn't into outdoor activities but needs a break from reality from time to time, stargazing could be for you. A night with clear visibility would be a great time to lay under the stars for a few hours.

You get the perks of a beautiful sight, fresh air, and a little alone time. If you are a big-time astronomy buff, bringing a telescope would be a plus. If not, then relax and take a break. Go

out and gaze at the stars or see what constellations you can find.



Photo Credit: (Joshua Earle) A night with clear visibility would be a great time to lay under the stars for a few hours.