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Help and Healing for Divorced Christians

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30 Things to Do When You're Single

These are in no particular order, and vary in price from free to spendy. Either left click a link or right click, choose “copy hyperlink” and paste in a new window.

- 1 **Take a walk in the woods.** Find a green space near you. According to a report published in Forbes, [‘Forest Bathing’ Really May Be Good For Health, Study Finds](#), regular time in nature reduces heart disease, lowers blood pressure and cholesterol, reduces risk of type II diabetes and death from heart disease, among other benefits. And it costs you nothing but a little relaxation time! Here’s a great resource. [Finding nature nearby!](#)
- 2 **Go to the movies.** Choose one with an uplifting theme, perhaps a comedy. It’s probably best to stay away from romantic and sad movies if you’re still hurting from a divorce. [Ten really good reasons to go to the movies](#)
- 3 **Soak in the tub.** Pamper yourself by adding scented oil for a luxurious experience. Here’s how to do it right. [The Best Essential Oils to Add to Your Bath Routine — And How to Do It Safely](#)
- 4 **Take up a new hobby.** Perhaps there’s an interest you’ve always wanted to explore. Developing it can boost your confidence and give you something to look forward to. [7 Great Reasons to Pick up a New Hobby This Year](#)
- 5 **Sing, play an instrument.** Making music has a surprising number of health benefits, including altering one’s mood, lowering blood pressure, and increasing cognitive abilities. Making music with others also gives you an opportunity to make new friends with similar interests. Learn more: [The Surprising Benefits of Making Music Your Hobby](#)
- 6 **Work in the yard.** Attacking overgrown shrubs and digging up and tossing out dead plants can be great for working out anger and helping you get in better shape. [Health Benefits of Doing Yard Work](#)
- 7 **Work out at the gym.** Physical exercise can help you feel happier, help you lose weight, increase your energy level, help with relaxation and sleep, and much more. [The Top 10 Benefits of Regular Exercise](#)
- 8 **Clean house from top to bottom.** Find new homes for everything you don’t need or have strong emotional attachment to. Pack up anything your ex has left behind and send it off. Purge expired food, medicine, make up, etc. [5 Reasons Why Tidying Your Room Can Change Your Life](#)

- 9 **Dance.** Here's another activity with numerous health benefits. If you've never danced before, you're likely to find low-cost beginning classes through an organization in your community. [Dance - Health Benefits & Getting Started](#)
- 10 **Join a book club.** Book clubs help you get involved in the community and are an opportunity to make new friends. And, as this article mentions, they usually offer snacks. [The Benefits of Attending a Book Club](#)
- 11 **Expand your knowledge.** Taking a class through a community college or local organization can help you feel fulfilled, stay connected to the world around you, keep your brain healthy, and more. [Top 10 Benefits Of Lifelong Learning](#)
- 12 **Take a trip.** Getting away from home and stepping outside of your usual routine is beneficial for both mind and body. It's a chance to see new things and meet new people. It challenges you to conquer new tasks and builds up your confidence as you succeed. You don't have to travel far for a new experience. [9 Wonderful Benefits Of Traveling](#)
- 13 **Adopt a pet.** If you feel a need for a companion, a pet could be the answer you're looking for. Dogs especially are good at giving unconditional love, and certain breeds are good protectors. Being in the presence of pets can lower your stress and blood pressure. This article points out many more benefits of owning a pet. [15 Amazing Benefits of Adopting a Pet](#)
- 14 **Treat yourself to dinner out.** This one may seem intimidating. You may feel exposed, vulnerable. But wait! Eating out alone has benefits you might want to explore. Being able to savor your food without distraction is only one of many. [6 Tips For Eating Out Alone, Because There's Nothing Embarrassing About It](#)
- 15 **Discover free entertainment.** Check out concerts in the park, free art shows, etc. Apps are available to find events in your area. Here are more ideas. [8 Resources for Finding Free Things to Do in Your Area](#)
- 16 **Read a book.** When was the last time you took time to read a good book? Have you thought about reading before bed? [6 Reasons reading before bed may be the healthiest thing you do today.](#)
- 17 **Get a massage.** Going without the physical touch of someone else can leave us "skin hungry." Massage helps alleviate that problem and can provide many other benefits such as increasing circulation, relieving tension, reducing stress, improving sleep, and promoting relaxation throughout the entire body. [Get in touch with the many benefits of massage](#)
- 18 **Get a facial.** A professional facial will improve the health of your skin and increase blood circulation. This allows skin cells to renew more easily, decrease the amount of toxins beneath the skin's surface, slow down the aging process, rehydrate dry skin, remove old scarring, and reduce the appearance of age spots. [7 Benefits Of Getting A Facial And Why You Need One Every Month](#)
- 19 **Volunteer.** Helping others, be it children, seniors, abandoned animals, as a museum docent, a neighborhood association ... the opportunities are nearly limitless ... gives the volunteer such benefits as feeling part of a community, feeling useful which boosts your self-esteem, and helps structure your days. Here are even more benefits. [Volunteering and its Surprising Benefits](#)

- 20 **Take a train or other a mode of transportation you've not tried before.** Trying different transit options can be a challenge, an adventure, and preparation for the future. Your local options may include taxis, Uber, light rail, subway, city buses, trolleybuses, trams, ferries, monorails, and passenger trains. For traveling between cities perhaps you can take a train, an airline, a motor coach, or intercity rail. On vacation you might have the option of riding a cogwheel train, aerial tram, or helicopter. What if you can't drive your car for whatever reason? Wouldn't it be good to have the experience of riding the local bus? You might even decide it's a practical solution to continue. Maybe driving long distances alone is not your cup of tea. Take the train and expand your horizons.
- 21 **Learn the basics of car care.** Instead of relying totally on your mechanic for car maintenance, take control and learn what you can do yourself. Doing so will give you a sense of accomplishment and security. [Be Aware! Keep Your Vehicle Safe, Dependable and on the Road Longer](#)
- 22 **Go to a museum, planetarium, or observatory.** Oh, the worlds of wonder that are available to us! To see the world through the eyes of artists, to marvel at the vastness of the heavens, to become more knowledgeable ... these experiences are both humbling and inspiring. [10 Reasons to Visit a Museum](#)
- 23 **Join a singles group.** Singles groups can often be found at large churches. The benefits can be many, from Sunday potlucks and field trips to special interest groups like hiking and card games. These are especially great for newly-minted singles who are in the process of healing. Many participants have a pretty good idea of what you're going through because either they're going through something similar or have recently been there. Often, a teaching piece is included and can be very helpful in deciding on your new normal. Here's an example: [Single Adult Ministry – S.A.M.](#)
- 24 **Go to the library.** Libraries don't just have books; they have music and movies to borrow. They often offer free classes, seminars, and lectures. [Six Reasons Your Local Library Is So Much More Awesome Than You Realized](#)
- 25 **Go boating.** Surprised? Turns out boating improves creativity, emotional health, and relaxation. There's a scientific connection between water and happiness. [Your Brain on a Boat](#). If you don't have a boat, find someplace where you can dip your toes into a body of water. P.S. Turn off your phone while doing this.
- 26 **Meditate.** Meditation can give you a sense of calm, peace, and balance that can benefit both your emotional well-being and your overall health. Choose which method works best for you. [Meditation: A simple, fast way to reduce stress](#)
- 27 **Ride a horse.** Riding helps build your core and flexibility and well as having mental and emotional benefits. [The Health Benefits of Horseback Riding](#)
- 28 **Learn to cook.** Some people don't know how to cook and some, "hate cooking." Since a big point of this list is to get you out of your comfort zone, if you haven't already, give cooking a try. Start with simple dishes and soon you may surprise yourself becoming creative and proficient with food. [The Benefits of Learning to Cook](#) (Note, the font on this page is not quite right, but the list of benefits is the best I've found.)
- 29 **Swim.** Did you know that swimming makes you smarter? And is the perfect exercise? Hopefully, there's a pool near you. [10 Amazing Benefits of Swimming You Never Knew](#)

30 **Take up a group sport.** Making connections and finding new friends while doing good things for your body are terrific reasons to give this a try. You may find a group sport in your area that works for your interest and ability. If not, contact your local YMCA or community center to find out if you can get one started. [The Health and Fitness Benefits of Sport](#)

Bonus suggestion: After you've tried one of more of these suggestions, celebrate and throw yourself a party!

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