

The Millennial Minute

How to Beat the Rainy Day Blues



A Very Silly Article Written by Ashley Nichols – Client Service Associate for the Biddle Wealth Management Team



Not every summer is going to give us the perfect weather. If the last few years' worth has proven anything to us, it's that you can't bank on a smokeless summer, a rain-free summer, a hot summer, a cool summer... really any kind of set setting for one season.

This year has given the Edmonton area a record rain-fall season. It seems like every week has given us at the very least one monsoon-like storm to talk about the next day with our friends, family and colleagues. This rain gives us time to unwind inside our homes and enjoy the sound of rain droplets *drip!drip!dripping!* on your rooftops or the opportunity to take photos of the intense winds taking your flowerpots over to Regina and beyond.

We all know we can spend countless hours inside with a good book, a movie, a puzzle or game and enjoy the rainy day. However, the internet can be an interesting place to give you completely ridiculous activities to beat the rainy-day blues.

Just for fun, let's list some below!

1. Build an indoor fortress using every couch cushion and bedsheet you own, then refuse entry to anyone without a secret password or a snack offering (this is even better if you do this before your kids get the chance – get them to bring the snacks!)
2. Talk to your plants about how much better they have it compared to your current state of existence.
3. Slide across your hardwood floor on kitchen towels while sweeping aggressively with a broom for a fun round of "Socks Curling"
4. Clean out your fridge by combining all of your "half used" sauces into one absurd "Mega Sauce"
5. Reenact famous movie scenes with your reflection in the window. Bonus points if you do it in your front window and the neighbours see you!
6. Replace all of the photos on your walls with photos of Nicolas Cage and see if your family notices
7. If you live with roommates, or a spouse that can handle your crazy, spend the day moving their favorite spot to sit by 2 inches every hour and gaslight them into thinking it hasn't moved
8. Three words: Carboard Box Robots
9. Count every grain of rice in your pantry

10. Set up empty bottles at the end of your hallway. Get a rolled-up pair of socks for a “bowling night”
11. No one is frowning during an intense round of “The Floor is Lava”
12. Wrap yourself in bubble wrap and roll around to pop the bubbles
13. Narrate your partner/roommate/family members most mundane house chore as if they are rare animals in a nature documentary.
14. Grab random food from your pantry and try to create a gourmet meal
15. Lip-sync battles. Get your hairbrush microphone ready and be sure to put on a good show!
16. Make little boats to float in your flooded basement!



We have just over a month of summer left – and if we continue to see the same type of rainfall, we’re in for another month of a lot of inside days. They don’t have to be boring or used to catch up on chores and work. Find something absurd to do that puts a smile on your face!

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