

# Week 4: Take Advantage of Your Time at Home Series



*Week 4 and we're still at it. It's important to stay the course and continue with whatever routines you have setup for you and your family. Here are some reminders for your family time along with tips to keep you positive and mentally fit. We're all in this together!*

## **FOR YOU AND YOUR FAMILY**

### **PRIORITIZE**

What absolutely needs to get done today? What can you live with not getting done at all? Sometimes there's a definite line in your list of things to do. You may only get one thing on your list done, so make sure it's the most important task.

### **MAKE A SCHEDULE**

Making a schedule will help you sort through the chaos and stay active. This will help keep you and your family sane. Start by creating a list of the things you NEED to get done and then adding the activities you want to get done. After this, prioritize the most important and plan out your day. Remember to leave room for the unexpected and for "me" time.

### **MAKE PEACE WITH THE MESS**

Kids are going to make a mess and you're not always going to have time to walk around cleaning up after them. It's also exhausting to tell them 85 times to clean up during the day. This is where you need to accept that it's going to happen and just be alright with it for a while. Of course, there will be times when actual cleaning is involved and that just can't be avoided.

### **TRY TO ENJOY THE EXTRA TIME TOGETHER**

This is an opportunity to come closer as a family. Set aside time to do activities together. Read books to your kids or if they can read, have them read to you. Take the time to pay attention.

### **TAKE A WALK**

Even though you can't go where there are other people, you can still take a walk around your neighborhood. This is a good time to take a drive in your car and find a lake or river to walk along. Keep in mind, we still have to be separate from other people, so choose the more isolated places.

### **TURN OFF THE NEWS**

Watching a running commentary of all the scary in the world is exhausting. It's good to know what's happening but it's not necessary to overload yourself with it. This causes extra stress you really don't need right now. Try to keep the TV off and just get the bullet points delivered to your phone. You'll be saner for this in the end.

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## FOR YOU

### TAKE TIME FOR YOURSELF

Being closed in with your family can be fun at times, and other times can make you want to pull your hair out. Sometimes you just need a break. Make sure to take it! When the kids take a nap, you take a break too. If you don't have kids, lock yourself in a room separate from other people and do something that relaxes you. No work. Just relax and do something you actually enjoy. Try reading, listening to music, meditating, taking a bubble bath.

### LISTEN TO A BOOK/PODCAST

There are literally thousands of podcasts out there ranging from language learning, self-help, mythology, religion, or finance. Or, expand your normal reading line-up and try something new. Download a subscription through your ipad or kindle or through your local library's website or online app.

### (RE)TRAIN YOUR BRAIN

Yep, there are positive brain training techniques and exercises you can access online to help you stay sharp, build confidence and boost positivity. **Elevate**, **Luminosity** or **Peak** are some examples. You can also access Harvard University's most popular course, **Positive Psychology**. It is available online for free!

### MEDITATE

Meditating is known to calm your mind and body. It's a great tactic for getting outside your own head to focus on your breathing or to envision your favorite relaxing place. Some great meditating apps are **10% Happier** and **Headspace**.