

Take Advantage of Your Time at Home



As we are being asked to practice social distancing and stay inside, maybe you can take advantage of this time at home. Staying busy is good for you and the bonus is you and your family will get something out of it. And, let's face it, binge watching is good for a little while, but when you want to take a break, here are some useful tips!

1. Get organized!

Become familiar with online grocery ordering - This does take some time to set up, so if you have never tried it, here is your opportunity. Those with families that work around me – tell me it's a life saver! Once you set up your main item categories, all you do is click on those items each time you order that you need! What have you got to lose, you can then go order and pick-up and not have to physically go into the store!

DeClutter – Spring cleaning can take on an entirely new meaning!! Get the entire family involved! The sky's the limit. With the additional time, you can even go room-to-room, and really get rid of those things that your family doesn't need.

- **Set up stations in your garage with boxes** to go to goodwill, charity, or sell, go through your coats, your cold weather items, then have everyone place those items in the labeled boxes
- **Kids?** Go through puzzles and toys the same way, are some games or toys missing pieces? Setup boxes for those that are not complete or in need of repair or will be donated! Throw out puzzles with missing pieces!

2. Need Repairs?

Do you have a specific home repair list that needs to be completed? Holes in the wall that need to be filled in and painted? Do you need some shelves put up in the garage? Now is the time. Your home repair list can finally be completed! Make a list of those things you know you can fix, and can be done with items you already have around the house.

3. Garden ready?

It's spring! So—what does your garden look like? Does it need cleaning up? Do you have some bushes that might need trimming or maybe you need to put in some stones or more mulch? **What about your yard?** Do you need to rake all those leftover leaves from the fall?

Of course, having the entire family helping in any of these situations is great for your family and for your home! Take the attention off of not being able to leave the home. And, focus more importantly, on enjoying each other with family-centric focused activities!

If someone in your family is having issues with this virus and needs someone to talk to. Help is available, schedule your confidential appointment by calling **(402) 354-8000** or **(800) 801-4182** or send an email to eap@bestcareeap.org.