

Thriving at Home!

There is no question that the current reality is challenging but it is also the perfect time to build healthy habits. Let's face it – we're home, we are not commuting, there is less waste of time potentially so it's a really a great time to acquire new skills.



1 Create a new routine. Fast.

Humans are creatures of habits. Just like kids thrive on routine, adults need structure in their schedule and activities.

So how do you do this?

You actually schedule your day in great detail, Monday to Friday.

Key Tips:

- Consistency is key
- Schedule time for breaks and activity
- Turning off the work computer allows your brain to regenerate and be more productive the next day

MONDAY

7:00 - RISE
7:30 - WALK
8:00 - SHOWER + BREAKFAST
9:00 - WORK
10:30 - BREAK
10:15-12:00 - RESEARCH + LUNCH
12:15-2:00 - CLIENT CALLS
2:00-3:00 - REPORT PREP
3:20-5:00 - INTERNAL CALLS
5:00-6:00 - ADMIN + DONE WORK
6:00-7:00 - HOME WORKOUT
7:00 - PREP DINNER AND EAT
9:00 - READING
10:30 - BED TIME



2 Go retro and plan your meals.

When I was a kid my mother did the groceries at our local Dominion every Saturday without fail. No other shopping was done. The current guidelines recommend the same to reduce our exposure and improve social distancing measures. What I failed to appreciate at that time is what was required to do this – feeding a family of 5 and always having everything on hand. She actually planned the week's meals - mostly dinners - and prepared a detailed grocery list along with the regular staples that we need needed such as milk and eggs. In order for you to stay healthy you need to plan your meals. Perhaps not every dinner but a minimum of 3. These will allow you to have a second meal or lunches.

Winston Churchill said that success is the combination of preparation, hard work and learning from failure. So go ahead and get those meals planned and get your grocery list started!



3 Friends please!

A friend of mine recently shared how living alone during these challenging times is extra difficult. Spending our days alone even though we have a lot of conference calls etc. can be extremely lonely. Human beings are fundamentally social. We need others to learn to accomplish new things to feel connected and of course to keep us accountable.

Just last night I had a virtual zoom dinner with two girlfriends where we shared what we were cooking at our respective homes. We also shared tips and ideas of what we wanted to cook we had some wonderful laughs and we offered each other accountability for the things that we are each struggling with. It was a great reminder of the power of being supported and having people to keep us accountable.



4 Mind you head.

More than ever we must be very careful and make sure that we are aware of our mental state. There is a lot of fear and anxiety all around us, so it is critical to nurture our mental health. Journaling is a great way to safely record our moods while acknowledging what we are grateful for, which is prove to calm our nerves.

What else could you do? Having a practice of meditation is proven to calm the mind. Listening to music, drawing, paintings, writing... Experiment but the key is to practice this on a daily basis.



5 Knitting anyone?

This is the perfect time to pick up a new hobby, or to go back to something that you have always loved doing! Hobbies distract us from our worries but they also bring us joy and quiet. Think back about the hobbies that you loved as a child - model making, scrapbooking, baking?

*Explore what could be fun for you and just get started.
You will notice the joy in you.*

