



WORKING FROM HOME

2 WEEKS IN

CONSIDER INTEGRATING:

MORE MOVEMENT

Each day 'at work' you should be moving your body every 60 minutes. Get up and stretch, walk the dog around the block, do a 5 minute chore. Regardless of what it is, make sure you are moving for a few minutes each hour.

MORE HYDRATION

If you drink more water, you'll need to get up more often which will combat the sedentary problem mentioned above.

MORE INTENTIONAL SCHEDULING

Schedule your meetings **and** your mundane tasks on your calendar. This way, you can see what you have accomplished throughout the day at work. Additionally, this will keep you on task if your mind begins to wander into unhelpful rumination. Look at your calendar and see the task you could/should be tending to.

MORE 'BRIEFINGS'

Instead of scheduling hour meetings, schedule 20 minute briefings where you can quickly connect with co-workers, provide up to date information, and have a burst of human connection.

MORE REFLECTION

At the end of each week, compassionately observe how the week went for you. Instead of berating yourself for what you did not do, observe and determine what you will need next week in order to work at a level that feels purposeful and successful for you.

FIRST AND FOREMOST ...

- **Revise your routine if necessary**

You're two weeks in to working from home and undoubtedly you have found what does and does not work for you and your household. It's time to **revise any unhelpful routines** you've begun to establish.

- **Unhelpful routine: Streaming news 24/7**

Humans can't multi-task as much as we think. Instead of streaming news on your computer or TV all day, shut off this external stimuli and establish certain times to check the news. Your nervous system will thank you.

- **Unhelpful routine: Working all the time**

Humans need to stop their work and engage other activities that can restore and renew them deeply such as playing with your kids, reading a book, planting a garden, riding your bike, meditating, painting a room, doing a puzzle, finishing a house project or simply going to bed at a reasonable time.

- **Unhelpful routine: Isolating yourself**

Humans need to connect with others even it is only through technology. DM (direct message) your colleagues even if you don't need to meet. Share a meme or humorous post/YouTube video. Consider these the 'water cooler' conversations you'd normally have if you were at the office.

If you have given up reaching out to your friends and you find yourself home alone each evening, set up some Face Time or Google Meet times with your family or friends and have dinner together.

- **Unhelpful routine: Staying up late and sleeping in**

Help your natural circadian rhythms work for you. Establish a consistent sleep-wake cycle that has you sleeping when other humans sleep and working when other humans work.

- **Unhelpful routine: Choosing 'dopamine fixes'**

Choices like day drinking, binging on sweet/fatty foods, online shopping, and gaming are all behaviors that influence the levels of dopamine in your brain. Dopamine is a neurotransmitter involved with pleasure and learning. You will feel great doing these things thus your brain will learn that these behaviors will soothe the negative emotions you may be feeling. Don't inadvertently create a feedback loop that rewards these unhelpful practices (especially while you're 'at work')



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USEFUL THINGS TO DO WITH KIDS AFTER WORK:

- Go for a walk or bike ride
- Color with chalk on your driveway
- Create encouraging signs to hang in your windows for your neighbors to see
- Bake cookies and bring some to an elderly neighbor on your block or in your apartment (as long as you're healthy of course)
- Start a neighborhood game similar to geo-caching. Paint rocks with your kids and hide them somewhere on your block. Put a letter in several of your neighbor's mailboxes telling them the rocks are hidden somewhere on the block and they should go find them. Staple a brown paper bag to the instructions sheet. Write your neighbor's name on the bag. Have them put the rocks in the bag. At the end of the week, have your neighbors drop their bags off at your front door. Determine a winner & bring them a prize!
- Have Amazon deliver a new strategy board game or subscribe to "Hunt a Killer" and have this mystery game delivered to your front door.
- Have your teenager teach you their favorite video game and play with them.
- Create Pinterest Boards with your kids and maybe redecorate their play space/TV room.

WORKING WITH YOUR KIDS AROUND

• Give yourself grace if you've 'lost it'

By now, if you are a typical parent, you may have lost it with your kids at least once. This is to be expected as being around your kids 24/7 during a pandemic may be more challenging than you anticipated. Don't spiral into thinking you are the world's worst parent because you got upset and raised your voice.

▪ Say you're sorry

Kids are remarkably forgiving of parents. Acknowledge that you lost your cool and apologize for what you said or for scaring them.

▪ Set up parameters for their benefit and yours

Talk through some new guidelines with your kids such as: "When mom has this door closed, you need to knock and wait for me to open the door. If I don't open it right away, it means that mom is in a video meeting. As soon as I'm done with my meeting, I'll come see why you knocked." Kids need clear guidelines AND they need to know how and when you'll be responsive to their needs.

• Modify your expectations of yourself

- Some parents try to work from home as if nothing is abnormal. A lot has happened! The world is in the midst of a global pandemic which means everyone understands if you don't show playing your 'A game' every minute of every day.

If you tend to be on the *high expectations* side of the spectrum, recognize it's ok to not be perfect all the time, especially during a global health crisis. Relaxing just a bit will help you show up differently as a parent when your child unexpectedly really needs you during your 'work time.'

- Other parents may take this crisis out for a spin and use it as an excuse to rarely work while they are home. If you tend to be on the *low expectations* side of the spectrum, perhaps it's time to intentionally structure your day. Consider creating a scheduled routine where you are at least working 6 hours a day. Display this calendar in a place where the kids can see what you're doing and when.