

MENTAL HEALTH TIPS



While working and schooling from home



1 KEEP A SCHEDULE

Your family members need to look forward to the next task. Outline a schedule with a list of tasks that everyone in the home should be doing throughout the day. Doing this will help keep everyone's brain organized.

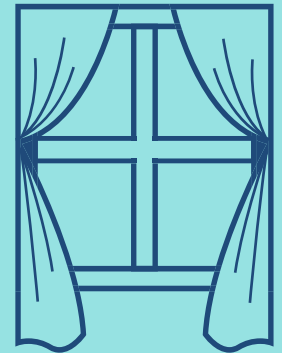
2 DO AN ACT OF KINDNESS FOR A NEIGHBOR OR FRIEND

If you head to the store, ask your neighbor if they need anything while you are out, make extra dinner and leave it on their porch, or drop a pint of ice cream at the door. These small acts of kindness keep everyone's morale up! Not to mention, it shows your kids how to learn empathy and be a good friend.



3 EXERCISE!

Go on a walk, have a dance party, ride your bike, or whatever will get your heart pumping. Not only is it good for your mental health, it keeps your heart healthy too!



4 30 MIN OF QUIET TIME

This includes everyone in the house! Everyone needs to take 30 minutes to themselves to meditate, read a book, close your eyes, and turn off electronics. This quiet time may look different for everyone, but it is a good time to reset midday so you can stay focused the rest of the day.



5 LET THE LIGHT IN!

Throw back the shades, open the blinds, and turn on your lights! Your mind will thank you for it. If your house is dark, your neuro pathways are not functioning at 100%, and your mind will be foggy.

6 SET BOUNDARIES

Set workday boundaries and expectations with your kids and spouse. If your schedule allows, take shifts with your spouse during the day - one of you works in private, one manages the kids, and then switch. Communicate these boundaries and have respect for them.



7 CALL A FRIEND

Call and check-in on your friends. Technology is amazing and can connect us to people even when we can't be with them. Have your kids call their friends too! Our children must stay connected to their friends too.



8 PLAN ACTIVITIES

This works best before you go to bed each night. Plan your list of activities for the day. We like to call them Brain Breaks. Plan activities that use different parts of their brains throughout the day. This list will be crucial for #6 where you need your spouse to fly solo for a little while.

9 PUT YOUR HANDS IN THE DIRT

Plant a garden, mulch the flower bed, pull the weeds (very cathartic), or set-up some flowerpots. Getting your hands in the dirt is good for the soul.



10 EAT HEALTHY

Shelf-stable food is emergency food. Buy fruits and vegetables and make healthy meals for your family. Focus on your vegetable intake (lots of it) and drink a lot water.

