

Happy October Everyone! Can you believe it is October already? Where did 2020 go? Not that anyone is going to miss this year...

Chapter 4 hosted our first Virtual Zoom board meeting and presentation on September 9th. Faith Roland, SR/WA gave an excellent presentation about Acquiring Right of Way in the Age of COVID-19. The October meeting will be held virtually as well on October 14th via Zoom. Following the board meeting will be Project of the Year Presentations.

As we head into Fall, we are all striving to reach some level of normalcy to get back to business. Kids are going back to school in one fashion or another, the days are getting shorter, and the cooler weather is quickly rolling in. One thing not necessarily returning to normal is the workplace. Many employers and agencies have opted to take conservative approaches for returning to the office. Some agents may never be returning to their old office which may come as a real shock to some.

Working from home has taken a unique toll on all of us. Regular working hours of 8am-5pm are nearly extinct. With the home office only steps away many of us are working longer hours to keep project deliverables on schedule. The demands of work are now more intense than ever. It is a critical time for all of us to remember to take time each day for yourself: take lunch, exercise, go on a walk, call your friends and family, check-in with an old colleague or coworker, start a new hobby!

This year I started running for some quick exercise during the day. I started the "Couch to 5K" program designed to get anyone from laying on the couch to running 5 kilometers in 9 weeks. Start small and set realistic goals - 30 minutes of walking exercise each day makes a significant difference in our lives. After successfully completing the program I now start every day with a round of exercise to help focus my thoughts for the day. I found many benefits from regular exercise that significantly helped my performance in the workplace:

- Improves cardiovascular health
- Strengthened Immune System
- Stress and anxiety relief
- Lowers blood pressure
- Reduces chronic pain
- Aids sleep
- Helps "quiet the mind" and allows for "mindfulness"
- Improved concentration and thought processing
- Helps me brainstorm new potential solutions to complex problems

Although we cannot control many things in life, what we can control is how we handle the pandemic and stress. I urge you to make the effort today to invest in yourself. Now is a critical time in history and we must continue leading the way to improve people's quality of life through infrastructure development. There are less than ninety days left in 2020. Finish the year strong and start investing in yourself today!

[Working from Home in May](#)

[Working from Home in September](#)



“Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's a day you've had everything to do and you've done it.” – Margaret Thatcher

Jesse Ray/SR/WA

President, IRWA Puget Sound Chapter 4