

# MY COVID-19 SELF CARE

As a long time work from home, I've think the most helpful that I can be at this time is to share what works for me with my new schedule and limitations. While things are so different, truly they are also very much the same. My health, peace and mental clarity are all that matter. Here are a few things I'm doing to manage at home work and life.



by Tricia Lee

## 1 JUST RELAX

I am telling myself and everyone that I talk to they must relax. This is our new normal for the time being and you cannot, I repeat, cannot set the same expectations for yourself that you normally would at a time like this. Plan for less and relax more. Self-preservation is what will allow for you to be at your best.

## 2 CREATE AN IN-HOME SCHEDULE

One thing I know how to do is create and manage a more flexible schedule. Start by creating a "soft" schedule for yourself. Be sure to accept that you may find yourself more emotionally drained and be sure to allow for that. Even more important, schedule time to pour back into your cup. Have a morning routine, incorporate breakfast, showering, make the bed, exercise, meditation and prayer. Do not begin work until it is on the schedule. During work, block out distractions as much as possible. Close the door, put your phone on "Do Not Disturb" and focus on your work To-Do list only. Schedule dinner, schedule breaks and absolutely schedule a sharp END time.

## 3 INCORPORATE MORE EXERCISE

Now that you won't be getting dressed and commuting, you have to consider the lost activity and take advantage of your at-home time by getting more activity in the day. Plan your activity into your day. Download some new exercise apps, dust off that yoga mat, grab set of hand weights (or canned food) and get to sweating. Incorporate a daily exercise routine that your body and mind will thank you for when this is all over.

## 4 START A TRAINING

I almost feel bad about how quickly I made my list of goals for a possible shut down. Let's just say it was over a week ago. I decided to finally take that on-line course I've been eyeing on personal productivity and habits. Each day I sit for just 25-30 minutes and listen to a class. I also joined an on-line book club for Little Fires Everywhere but I'm only on Chapter 2.

## 5 EAT MORE HEALTHY

My number one excuse for eating out is time. Well, now that I'm forced to stay home, I'm trying out some recipes from books that I already have and Amazon Recipes on Alex Show. Each morning, I consider what lunch and dinner will look like, how to incorporate more vegetables and processed foods. I'm stocked to the ceiling with processed foods just in case ish gets real but for the time being, I'm keeping it clean. In books, No Crumbs Left Behind and Body Love Everyday are my current go-tos.

# work & productivity

- Create a schedule for your day
- Implement ways to block out distractions
- Log off social, use Do Not Disturb settings, close the door or put on headphones
- Schedule lunch and breaks
- Schedule a hard end time

# beauty & wellness

- **Facials!** Dip into your product stash with a step by step pampering (cleanse, steam, exfoliate, treatment serum, eye cream and moisturize with facial massage techniques or tools). Now you actually have time for jade rolling.
- **Bath time!** Put your body products to good use finally or use good old-fashioned epsom salt soaks, body polish and rich moisturizer. Take your time, soak, read a book or listen to music and just chill.
- **Home-made Beauty!** Watch tutorials and finally master that twist out, curling wand or at home hair removal.

# beauty & wellness

- **Hand Treatments!** After all of that hand sanitizer and cleaning, it's time to hydrate. Incorporate un-used anti-aging or hydrating products into your hand cream. Facial serums or night treatments are wonderful for keeping hands hydrated and also anti-aging.
- **Vitamin and Supplement Time!** Its time to create your daily dosage. Increase your Vitamin C, Zinc, D3, Oregano oil or whatever helps to boost your immunity and manage your stress levels.

# life & balance

- **Crock Pot Time!** Pull out those recipe books or find something tasty on-line. Have some fun and get creative in the kitchen.
- **Walk it Out!** Go on walks or bike rides to keep your mind clear and body moving
- **Try out some new at-home workouts finally.** Try to incorporate activity every single day.
- **Sleep in!** An extra hour can do the body good and besides, where do you need to be?