

Thriving Inside

Tips for syncing your stay-at-home world



A+ Rating

People Helping People™





Home is where the heart is...

It's also where we live, love, work, cook, eat, exercise, play, and sleep. It's where life happens.

Life indoors is the new normal and adapting to change isn't always easy.

Ordinary people take on the role of chef, sous chef, or line cook, whipping up full meals at least three times a day in their home kitchens. Living rooms are transformed by the hour into remote boardrooms, gyms, cafes, bars, and movie theaters. Playrooms serve as classrooms at least five days a week.

This guide is intended to help you navigate the challenges of living every aspect of life at home. Stay safe and sane by synchronizing your stay-at-home world.



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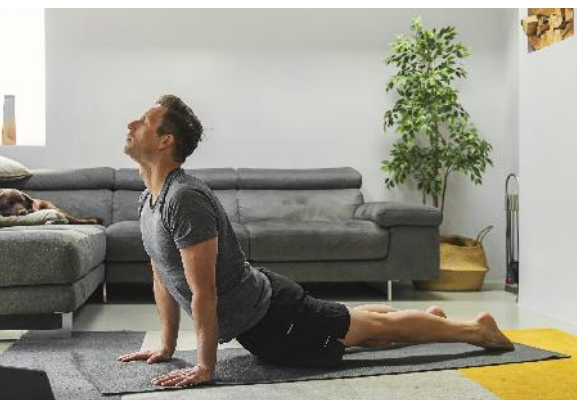


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Work from Home Tips

The right environment is essential for remote work productivity and your overall well-being. Here are some tips for increasing your health and safety at your home office



Create a Productive Space

Find a space where you can work free of distractions and avoid high-trafficked areas, if possible. Listening to music is a good alternative to television, which is full of noises and conversations that could derail your concentration. Add plants and décor to make a difference in your work vibe. If you can, decorate your space to make your work area special to you.

Ergonomic Basics

Your chair should be comfortable with good lumbar support. If your chair doesn't have proper lumbar support built in, use a pillow or a rolled towel between the back of the chair and the curve of your back. Position the chair height so that your knees are level with your hips and your feet rest flat on the floor. If using a laptop, don't use the attached keyboard and trackpad. Position a standalone keyboard with the letter B in the center. Your mouse should be within comfortable reach. Make sure that the computer is an arm length away and raise your screen so that the top of the monitor is at eye level or slightly below.



Give Yourself a Break

Believe it or not, many people are more productive working from home. Some even find themselves working so much that they forget to take a break! But breaks are essential to your productivity. If you're overdue for a break, take a good stretch to recharge your mind and body. Read a book, go for a short walk, or play a game on your phone for 15 minutes. Set a timer to remind yourself when it's time to get back to work.

The Daily Grind

Working at home is no excuse to stop waking up early and preparing yourself for the day ahead. Stick to a schedule and try to brush your hair and get out of your pajamas! Not only will you feel better about yourself, you'll likely be more productive as a result.



ways to have fun at home



1. Train Your Brain

Learn that skill you've always wanted to master, straight from the experts at [Masterclass](#). With a one-year subscription, you'll get access to **over 80 courses** taught by the best. Topics include film, music, cooking, writing, sports, business, and more!

Keep your brain sharp with free online college courses from Ivy League schools at [Class Central](#). Eight top schools (Harvard, Princeton, Yale, Dartmouth, Cornell, Brown, Columbia, and the University of Pennsylvania) offer Massive Open Online Courses (MOOCs) free of charge to anyone with a desire to learn. Categories include computer science, mathematics, business, art and design, science, and more!

2. Get Out While Staying In

Many museums, aquariums, zoos, and theme parks offer [virtual tours](#) you can take from the comfort of your home. Some even have webcams showing live footage of the animals!

Explore World Heritage sites, national parks and monuments, or even your own hometown with [Google Street View](#). Make it a game by creating a list of items to find during your tour (example: find three American flags in Washington, D.C.)!



3. *Get Competitive*

Dust off those old board games and host family game night. Missing too many pieces? Host a virtual pre-made, themed trivia game or create your own with [Kahoot!](#)

Or, play over 30 easy-to-play party games with [Jackbox](#). All you need is a smartphone or other web-enabled device to play.



4. *Watch Together*

Host a long-distance movie/TV night with friends and family using [Netflix Party](#), a Google Chrome browser extension. Netflix Party synchronizes the video and includes a group chat feature for real-time discussion.

5. *Connect With Your Roots*

Call or video chat with your parents, grandparents, or other older relatives. Learn your family's oral history by creating a list of [open-ended interview questions](#) to ask. Encourage them to be specific and detailed about their lived experiences. This is a great educational activity to do with kids!





Food Safety Tips

Feeling hungry while cooped up at home? Order delivery or takeout! But make sure you do it safely with these tips.

1. Stick to cooked foods

Sorry, sushi and salad lovers, but proper food handling and cooking practices generally kill any germs on food. There is very little risk in contracting a virus from fully cooked food.

2. Choose no-contact delivery

If contactless delivery is an option for you, go for it! This will help keep you and your delivery driver healthy and germ-free. Instruct your delivery person to place your order on your front porch, stoop, or somewhere outside your home. Ask them to call or text you once they've delivered your food.

3. Be careful with packaging

While some **experts** say there's little evidence that harmful viruses are transmitted via food, you should handle the delivery packaging with care. Viruses can live on objects or surfaces for days. Use gloves and dispose of the gloves and the food packaging immediately after bringing your delivery inside. Transfer your food to your own plates and use your own utensils. Wash your hands thoroughly before you sit down to eat. Disinfect counters and tables before and after you eat.

If you don't want to take any risks at all with food delivery, consider purchasing a gift card from your favorite local restaurants to help them stay in business.

Keep Calm — and — Carry On



Feeling anxious or stressed out lately? Well, you're not alone. It's completely normal to experience these emotions while going through something unfamiliar. Maintaining your [mental health](#) is just as important as your physical health, especially during times of high stress.

Thoughts of gratitude – Gratitude can work wonders on elevating your mood when you're feeling down. Knowing you have a lot to be grateful for helps put things into perspective. Make a daily gratitude list and feel free to add to it as the day goes on.

Positive affirmations – It's easy to get sucked into the news, but the saturation of negative information can be overwhelming. Rather than falling down a rabbit hole of negativity, find positive affirmations to fill your mind instead. There are many mobile apps designed to enlighten your day with positivity, like [Happify](#) or [Calm](#).

Practice meditation – Once you find an affirmation that speaks to you, spend a few moments each day with your eyes closed and your body in a relaxed position. Try to tune out any other thoughts except the affirmation. Continue this for a few minutes. There are many ways to meditate—some are as simple as focusing on your breath. Meditation is known to have a calming effect and it's easy to do whenever your anxiety starts to spike.

Keep Calm — and — Carry On



Do what makes you happy – Whether it's yoga, reading, crafts, or cooking, focus your energy on something you enjoy to heighten your mood. Feeling ambitious? Try something new, like a recipe, craft, or home improvement project. Not only will you learn a new skill, the feeling of accomplishment will be extra rewarding!

Give yourself some credit – Let's face it, you've been through a lot. You didn't make it this far in life just to let stress and anxiety get the best of you. Try to keep in mind that worrying about things won't change the outcome. Allow yourself the opportunity to feel the emotions without judgment, and then let them go.

Talk to someone – Having adequate emotional support makes a huge difference when it comes to mental health. Chances are, others may be on a similar emotional rollercoaster as you. Just knowing your stress is a shared experience can lift your spirits.

Know your resources – If you need to seek professional help during a time of crisis, there are several resources available to assist you. Per the [Centers for Disease Control](#) (CDC), you can call the Disaster Distress Helpline at 1-800-985-5990. This is a national helpline open 24 hours a day, seven days a week, or text "TalkWithUs" to 66746.

Remember, this is temporary – All situations in life, good or bad, are temporary. When life is wonderful, remember to celebrate and embrace those moments. When things are difficult, remember that nothing lasts forever and there are better days ahead.

10 ways to stay *socially* connected



1. Plan a weekly video chat with your friends or family—get creative with a remote karaoke competition, baking challenge, or guided meditation
2. Join the community at the [UnLonely Project](#)
3. Spend some quality time with your pets
4. Set up a group text with your favorite people
5. Check in regularly with your elderly friends and family
6. Send surprise video messages with the [Marco Polo](#) app
7. Create a coworking space with friends, colleagues, or even likeminded strangers with [myworkhive](#)
8. Start or join a virtual book club
9. Attend a live-streamed concert or dance party
10. Play interactive online video games

3 ways to stay active

Are you climbing the walls lately trying to stay active at home? Maybe you've enjoyed a few more snacks than usual or indulged in some delicious home cooking? Don't let your physical health take a back seat! Here are a few tips to keep you active.



Yoga and Pilates are easy to do indoors. Both forms of exercise focus on increasing movement and flexibility, relaxing tight muscles, and building muscle strength. There are varying levels of difficulty for both disciplines, so make sure you start practicing as a beginner if you're new to the activity. Check out [Women's Health](#) and [AppAdvice](#) for the top yoga and Pilates apps, and [YouTube](#) is a great resource for a variety of free instructional exercise videos.



Simple bodyweight workouts are fantastic for increasing endurance, core strengthening, and building muscles. Squats, planks, lunges, sit-ups, and push-ups are just a few of many fundamental at-home exercises. Try to incorporate five minutes of these exercises for every 30 minutes spent inactive, or do two to three sessions of 20 minute exercises each day. Take a look at this article from [Good Housekeeping](#) for step-by-step instructions and more.



Deep clean your home to maximize your energy during the day! Scrubbing, sweeping, mopping, and vacuuming requires some muscle and engages your core. Mindfully go about your chores with the intention to push yourself physically. Nothing beats the satisfaction of a clean home. And you might be surprised how many steps you take in the process! Step up your spring cleaning workout with these tips from [WebMD](#).

If you're not used to regular exercise, consult your doctor before beginning a new exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.



SONIA E. AMIN - Broker-Associate

(626) 536-3135 | DRE # 01044322

SONIA@SONIAAMIN.COM

WWW.SONIAAMIN.COM



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Disclaimer: The content within this guide reflects the best available information at the time the guide was prepared. Please see your state or county resources for current regulations and follow proper guidelines. The general information regarding mental health is not intended to diagnose any medical condition or to replace any advice from your healthcare professional.



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