

# STAYING SANE WHILE STAYING HOME

## Practice Mindfulness with Apps

Some of the many benefits of mindfulness include increased self-control, flexibility, improved concentration, increased compassion, and lower stress (Davis, 2011)

**A few apps that have been helpful: (most are being offered for free during the Coronavirus event)**

Headspace <https://www.headspace.com>

Insight Timer <https://www.insighttimer.com>

Calm <https://www.calm.com>

Simple Habit <https://simplehabit.com>

## Exercise: 7-10 Minutes a Day

No equipment? No problem! There are many ways to get up and move around. Exercise increases blood flow to the brain and lungs, increasing oxygen and improving mood by increasing feel good chemicals in the body.

### A few ways you can exercise daily:

Walking around the block – do this with mindful intention, thinking about each step, repeating a positive thought, paying attention to your body – your breath.

Utilize canned goods to work your upper body by doing bicep curls and tricep kickbacks at 30 seconds per arm/per movement

## Learn to Zentangle

Zentangle is a creative and easy to learn activity that encourages relaxation in a fun manner.

<https://zentangle.com>

## Learn to draw mandala

Drawing mandalas is a relaxing and meditative process that reduces anxiety while accessing your creative self!

[www.art-is-fun.com](http://www.art-is-fun.com)

## BREATHE!

**4-7-8 Technique** – empty lungs, breathe in through nose 4 seconds, hold breath for 7 seconds, exhale forcefully through mouth pursing lips 8 seconds. Repeat cycle up to 4 times. Notice your heart rate and body tensions calm during this exercise.

**Stick with Routine** – just because you are not commuting into an office doesn't mean you should skip your weekday morning preparations. Wake up at your normal time, shower, and get dressed in REAL clothes (not pajamas!). Put on your makeup and fix your hair if that is what you do every day.

**Create a Work Space** – Although it is tempting to stay in bed or on the sofa, those who work from home regularly say that you are more successful when you have an "office" free of distractions.

**Get Some Fresh Air** – Get up and move around. Walk around your yard or around the block. Limit contact with people who may be sick, but make it a priority to get fresh air and natural daylight.

**Stay Connected with Colleagues** – Utilize virtual formats to check in with each other and offer support

**Resist the urge to multitask with household chores!**