



HOW TO STAY SANE IN THESE INSANE TIMES



It has probably been a while now that you have been working from home or have not gone anywhere due to COVID-19. Right about now, everyone is getting a little edgy and has that feeling of being cooped up. We are tired of this pandemic and want everything to go back to normal. Unfortunately, it does not appear this pandemic is going to end anytime soon, so here are a few ideas on how to keep yourself sane during these insane times.

Keep a Schedule

A good way to keep yourself going is to create a routine or a schedule. This can help you and those around you to relax since you will know what you should be doing. It can also help you to create and reach goals. Schedules help to keep us on task and focused. Build a schedule to fit your needs and remember to include break times to rest and eat.

Exercise

Exercise is something most of us say we want to do more of, but we do not make the time or effort to do it. So, there will never be a better time than now to start. Exercise does not have to be at a gym; you have everything you need at home. Exercise can be taking a walk around the block, doing curls with soup cans or even doing yoga/stretching in your front room. When we exercise, it increases our heart rate which gets our blood pumping. This is great for our mind, body and soul, especially during these difficult times. Make sure you know your limits and take it slow initially.

Create a New Hobby

Since we are stuck at home and may be for some time to come, now is a perfect opportunity to adopt a new hobby. This will help to keep you busy and encourage you to learn something new. A new hobby can be as simple as planting a garden, learning a new language or doing crochet/needle stitch. Other hobbies can include reading a book, painting or woodworking.

Projects

This is the one that has personally helped me to pass the time. My wife loves to use Pinterest, which gives her great ideas for home improvement. She then turns to me and says *"I want you to make this"*. Projects can be as easy as painting a room or refinishing a

coffee table or more involved like building a deck or a fence. Either way, completing a project is a great way to keep yourself busy, pass the time and give yourself a tremendous feeling of accomplishment.

Stay in Touch

No man is an island. It can be easy to isolate yourself from everyone, but this only creates a sense of loneliness. Stay in touch with family, friends and co-workers. Use platforms like Microsoft Teams, Skype, Zoom or even FaceTime. These allow you to see the individual as well as hear them. Staying in touch with people can help reduce that sense of loneliness.



Laugh and Dance

Laughter and dancing can both be therapeutic. Try to watch a few comedies or standup performances that make you laugh. Laughing is known to reduce stress, relaxes your whole body, and burns calories. Dancing is a great way to exercise without even realizing it. Dancing can also improve heart and lung function, develop muscle strength and increase self-confidence and self-esteem.

Staying sane in these insane times is important. We hope some of the items suggested above will inspire you. If you have any questions, please contact the Risk Management Department at 800-285-5461 or email riskmanagement@sdao.com.