

Making spaces work for you

To better Work/life/home balance.
Overcoming the pandemic phase.



Towards new beginnings

- * Write down present schedule.
- * Prioritize and organize.
- * See what negative spaces you can cut out.
- * See what can be replaced by some positive/'me' time.
- * Write down what you would like to work out within yourself (like anger issues),and why you could have them (time management).
- * Write down possible ways to correct the issues.



Set clear cut timings /prioritize

Include

Have a routine

Me time
Self care

SLEEP time
for me and
family

Prayer/
spirituality

Family
time

Home

Work

Communicate openly

Laughter,hobbies,passion

Check
mail.
Social
media

Connect to others



What

Anger issues ,
Stress,
Interpersonal issues ,
Loneliness,
Slowdown,
Mood swings,
Burnout.

Why

Time management
issues.
Uncertainty.
Communication issues.
Lack of self care.
Sleep issues.
Lack of social connect.

Solutions

Organize; Have a routine.

Self care.

Breathe, sleep, hydration, proper diet.

Cut out negativity.

Push positivity into your spaces.

Don't focus on what you can't control.

Take one step at a time.

Leverage nature to relax.

Relaxation /meditation/exercise.

Communicate with understanding.

Reach out for support.

Clear your mind

- * De clutter - spaces around you. Bring in clear energy and keep it simple.
- * Dump list-dump everything on your mind into a list to organize . It can be tasks, thoughts and problems. Then prioritize and cut down and time them.
- * Keep a dump list and a to do list every night before you sleep so that you don't take them to bed with you.
- * Find me time, still your mind and find your answers in silences, from within.
- * Spend quality time communicating with clarity and taking in others thoughts, including that of children, who are going through their own issues(for those who would like support with communication skills, look up you tube videos or google for the same).



Easing up by organizing -
Make a list of to dos and separate by priority.

	Urgent	Daily	Weekly	Monthly	Sometime
Home					
Work					
Myself					
Family					
Other					

If possible schedule timings to tasks .Cut out what you don't need .

For those with children,prepare weekly menu schedules.Same with their activities.

Self care

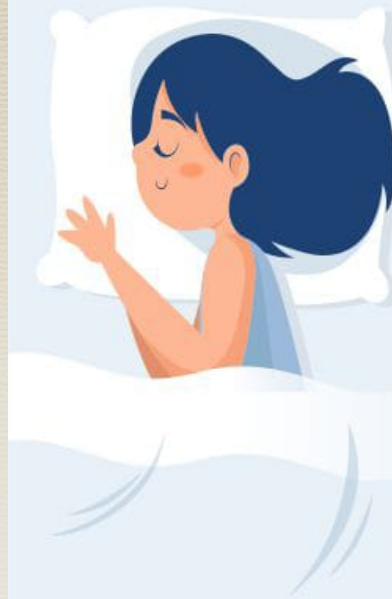
- * Sleep
- * Deep breathing / relaxation.
- * Me time(with digital detox).
- * Staying hydrated
- * Proper diet on time
- * Staying organized
- * Exercise / walking
- * Online wellness
- * Online safety
- * Use online spaces productively
- * Digital detox for those who need it
- * Leverage the power of positivity, forgiveness and gratitude.





Towards a new Earth - together.

- Accept that COVID 19 is here for a while, until a vaccine is found, and will cause/require lifestyle changes from all of us.
- Expect that there will be higher numbers affected before it comes to pass.
- Stay away from negativity ,especially overdose of non helpful information on COVID 19.
- Turn to music, books, creativity, humour, bonding to see you through.
- Understand that each of us will react to the present scenario in different ways.. that it is okay to be anxious.
- Know that it could be difficult to make long term plans because we are unsure as to how things will turn out.
- Focus on what you can change and make short term plans first. When there's clarity, make more changes as you go.
- Count the blessings we have.
- Understand that there might be friction, and anger issues, but that you can change your mindset to deal with things in a better way.
- Staying positive and working together will get all of us in better spaces sooner.
- Draw a route map of possibilities and eventualities regarding ways forward.
- Plan for a new Earth ,with regards to lifestyle, family, finances and work.
- Reassure and bond with family and friends and people who need you, that we will get over this together, soon.
- Reach out for support if needed.
- Don't play the blame game. Dont bring in negativity into your spaces.
- Together we will build a new Earth.



SLEEP- OUR SECRET WEAPON.



The one crucial ingredient we have that we take for granted in combating stress and health issues is sleep. We shouldn't underestimate the damage that lack of sleep does in creating health issues. For those facing sleep issues, it's a vicious cycle which will lead to burnout if you aren't careful.

Some solutions to fix sleep issues.

1. Go to bed and wake up at a fixed time everyday.
2. Keep the room cooler than your body temperature.
3. Consume enough liquids to stay hydrated.
4. Switch off gadgets an hour before bedtime.
If you have to use them, use apps like f.lux or twilight (or in dark mode) to reduce the blue light emission.
5. Switch off lights or wear eye masks. The darkness helps in the production of sleep hormone melatonin.
6. Have a wind down routine one hour before sleeping.
(Like relaxation techniques, listening to calming music etc).
7. If you are anxious about the next day's issues, jot it down on a to-do note, so that you don't think about it till the next day.
8. If you can't sleep, get out of bed and do something until you feel sleepy. Go back to bed only when you feel sleepy.
9. Avoid nicotine, caffeine or alcohol close to bed time.
10. Avoid strenuous physical or mental exertion close to bed time.
11. Eat an adequate dinner.
12. Avoid checking time when trying to sleep.
13. Avoid stressing too much about sleep.
14. Let's use this superpower to be our strength.

For further support, look up blog.bodhini.in

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— ♦ A BODHINI INITIATIVE ♦ —

External support

Mindfulness apps.

Stress buster games.

Leveraging social media to connect.

Laughter on media.

Books on positivity.

Music apps.

Productivity videos / organizing tips on you tube

(Pick up limes is one such channel)

Telecounselling centers.

Online yoga /art/dance.

Blog topics include -

- * Towards a safer world together
- * Setting up a home office
- * Healing
- * Sleep- our secret weapon
- * Online safety
- * Stabilizing relationships
- * Body safety for children

For more support,do look up our blog at Bodhini.in



Towards a new earth,together we can.

For updates and,to reach out/for support,do join us on
fb,Twitter and Instagram