

DAY 3: WORK-LIFE WEDNESDAY

Balancing work and life is even more difficult under these circumstances - with schools and many workplaces closed, the boundaries between work and life may be even more blurry. For those still working outside of home, work can look different and be much more exhausting. Below are some tips that will help you to improve your work-life balance (even though perfect balance is almost impossible!), during a time when home time and work time are very different than usual.

WEDNESDAY'S WORKR BEEING CHALLENGE!

NEW BEE:

Where you are working matters. Take 15 minutes to organize and make your workspace more appealing. Make sure that you're working in a space that is as quiet and free from distractions as possible. If you have to move your workspace to achieve this, do so. Now add some elements that help you to feel more productive and happy - a plant or some decor. If you aren't at home, try to keep your workspace as tidy as possible even through the chaos. Take a few minutes to organize the space to help the rest of your day move smoothly.

HONEY BEE:

Delegate a task that is stressing you out to someone else. Maybe you have been made responsible for something at work that could easily be shared or completed by someone else. Maybe you've been taking on a household task that you really don't find enjoyable - is there someone else in the house you could delegate that task to? If you live alone, pick a task that is stressing you and find a way to manage it more efficiently. During a stressful time, this might mean allowing yourself to be ok with that task not getting done frequently, or at all.

BOSS BEE:

We often focus on the conflicts between work and life. But, they can enrich each other. Spend 20 minutes journaling about how your work made you better at tackling life challenges or how your life made you better at tackling work challenges. Maybe you feel happy in your life, and that makes you happy in work (or vice versa). Or maybe you are learning skills in either area that are helping you to improve in the other. Write about the synergies to focus on them!



DAY 3: WORK-LIFE WEDNESDAY

WEDNESDAY'S REMIX CHALLENGE!

SOLO WARRIOR:

When we are feeling overwhelmed with work, putting on an exercise video or logging onto a live fitness class may seem like too much. Know that any type of movement is good movement. Remind yourself that even five minutes is better than nothing. Sometimes the most difficult part of the workout is pressing that play button. Write down goals for yourself. If you're new to exercise or feeling especially unmotivated, start small. Challenge yourself to do at least 5-10 minutes a day of exercise. More often than not, once you start moving and feeling good, it's a lot easier to add on more exercise.

- ▶ Write down measurable exercise goals and put them in your schedule. Make exercise an appointment with yourself that you just cannot miss.
- ▶ Make it fun! Use elements in your house, like your stairs or your office chair, so you can get started with your workout right away: [Solo Warrior Staircase Workout](#)
- ▶ [Solo Warrior 5 Minute Core Workout](#)

COUPLE GOALS:

We may be stuck at home at the moment, so now is the time to lean on your significant other to help motivate you to workout. Find a workout you can do together (e.g. see Take a Break Tuesday workout). Compare your work schedules and challenge each other to find time together for some movement. Instead of watching a movie together, do something with movement. Go for a jog together, learn a fun dance together, work on a home improvement project or clean up the back yard together.

FAMILY GOALS:

Get your heart rate up, enjoy a boost of endorphins and come together as a family to break a sweat!

- ▶ Schedule a Remix Zoom class together
- ▶ Play hopscotch: [Family Goals Hopscotch Workout Video](#)
- ▶ Go ride bikes together or go on a walk
- ▶ Put together an obstacle course and time each other
- ▶ Play your favorite sports together
- ▶ [Family Goals Baby & Me Workout Video](#)



DAY 3: WORK-LIFE WEDNESDAY

WEDNESDAY'S JOURNAL: How did you feel managing your work and life differently? Did you feel more effective at balancing them because you were being proactive?

