



BEST PRACTICES

B

BLOOMS! I always have an azalea blossom or something from the yard in a tiny vase by my computer, which lifts my spirits.
- *Shelle*

E

ELOPE! Big plans ruined by COVID 19? Avoid planning your big event all over again. Instead, plan a big reception or backyard BBQ later to celebrate!
- *Morgan (I may have done this recently!)*

S

STRUCTURE! Have a designated place to work and follow a routine each day.
- *Donna*

T

TRY! Trying new recipes is fun and relaxing.
- *Teresa*

P

PLAY! I do crosswords for a few minutes of concentrating on something other than the news!
- *Cari*

R

REST! Give yourself permission to rest physically from the at-home workouts, but also take a rest from the media. Read a good book, take a bubble bath and rest your mind.
- *Morgan*

A

ACT! A Lesson from Dale Carnegie...act enthusiastic and you'll be enthusiastic!
- *Cari*

C

CALL! Instead of email or text, give them a call!
- *Cari*

T

TASKS! I have a chalk board up and list my tasks for the day & week.
- *Mandy*

I

INCREASE! I use some time each day to increase my knowledge of technology.
- *Teresa*

C

CONQUER! Daily, I try to complete something that I have been putting off.
- *Cari*

E

EXERCISE! Walking, jogging, stretching, free weights, bicycling, just move!
- *Shelle*

S

SMILE! Smiling reminds me to keep my sense of humor intact.
- *Shelle*