

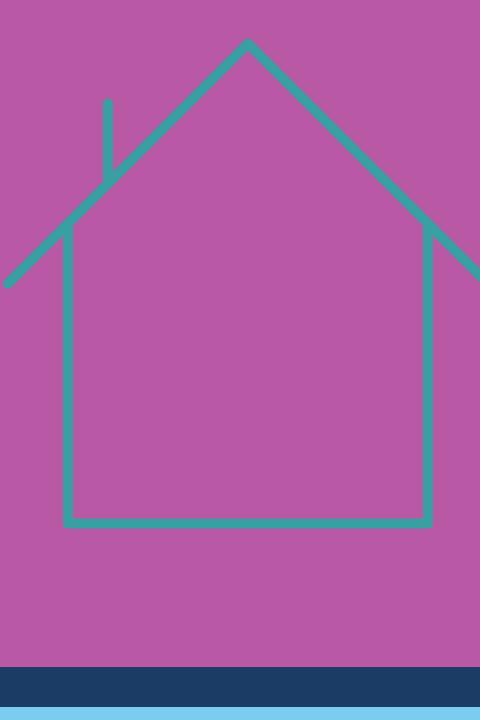
HOW TO BALANCE WORK AND PLAY FROM HOME

A Community-Informed Guide for People at Home, Trying to Work During a Pandemic

BREATHE. FEEL GOOD ABOUT THE TIME YOU SPEND CLEANING.

If you're now working from home, chances are that there used to be a very important caretaker who worked to keep things in order. If you're feeling scattered, remind yourself that this, too, has been added to your plate. People are more productive in clean spaces (Horrevorts, Van Ophem, Terpstra 2018). The next time you feel guilty for taking time to clean during your work day, remember that this will help you to feel better mentally, allow you to do your best work, and will help you to be more playful with the ones you love!

PREPARE YOUR ENVIRONMENT FOR WEE ONES TO BE INDEPENDENT AND SAFE.



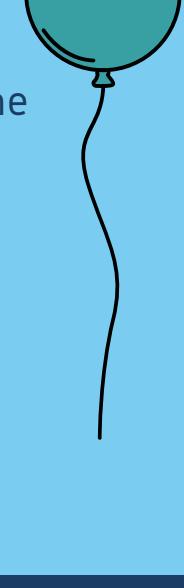
Your environment has an effect on how you feel and what you do. Doing a quick decluttering, child-proofing, play-enhancing sweep of your home now may bring a lasting sense of peace, productivity, and play to your home. Getting rid of things leads to more play than purchasing does!

TAKE TIME TO PLAY

If you haven't yet, try separating work and play. You can't do it all, all the time. Depending on your support and availability, try:

- Trading child-care days and work days with a spouse
- Sticking to a work/play schedule. This might mean trading bits of daytime play with little ones for evening work once kids are asleep.
- During work time, recognize the need to break for play or movement.
- When it comes to both play and work, aim for quality over quantity.

You are doing an amazing job. You are worthy of the ability to play.



KNOW IT'S OKAY THAT THIS SUCKS

There's a quote that's been circulating online - "You are not working from home. You are at your home during a crisis, trying to work" (original source unknown). It makes sense that people are feeling overwhelmed right now. In a short amount of time you may have just suddenly become a provider, chef, caretaker, janitor, tutor, and more all while managing your job from home - during a crisis. Life is still moving on around you, but you don't have the same ability to gather with loved ones that you used to. It's okay that this sucks. It's okay if it doesn't suck, too. Ingrid Fetell Lee once shared that she sometimes tells herself, "I don't want to feel this way, but I do." You're doing an amazing job.