



Now that working from home is the new normal, what are some good work/life balance tips to separate work life from home life now that its one-in-the-same?

Keep in mind that working toward balance is an ongoing endeavor. Achieving perfect and lasting “balance” is not possible. We must be paying attention so that we can adjust as needed.

- If possible, work in a designated space that you can close off or leave when you are done.
- Try to have a “dead stop time,” meaning past a certain time you will not continue working. Otherwise, work can continue throughout the night.
- Clear any work out of your visual line of sight, as best you can. Even if this means moving piles of paper to a chair, or covering with a table cloth.
- Using transitional activities to separate work from home life can help. Engage in activities that clearly mark work has ended: turn on music, light candles, use aroma therapy (Palo Santo oil, lavender and lavender blends or other scents that soothe you are wonderful options).

It is important to let work come to a close if you have any hope of finding balance for yourself during this time.

How can we best deal with teenagers who are stuck at home e-learning (due to sheltering in place)?

Extend compassion for differences in your needs and expectations. Take space from one another during the day, to reduce friction. Create clear boundaries to help meet the needs for space and connection for all family members, as possible. Listen fully and compassionately to them. Consider what brings them joy and engage them in those activities, as best you can or find creative ways to engage with them that you know they enjoy.

For anger with your teen, take time out, breathe into your belly. Tell your teen you need a time out. It's not a crime to be angry--own it and own your need to address it (this is great modeling for kids and your partner too). Offer yourself compassionate self-talk and “coaching” regarding your teen's heightened stress during pandemic times. Their life goals and focus is very different than yours, and while this may not make sense to you, it may be developmentally appropriate.

How can I help my partner and children cope with the uncertainty while I am also working from home?

Listen compassionately. The “intolerance of uncertainty” means that not knowing what will happen leaves our brain feeling in danger. Learning to tolerate sitting with the unknown is key. You can normalize their fear and find factual info to support them. Model relaxation (breath work, body release), provide extra

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comfort, as they are willing--hugs, reassurance that this is temporary and things will be okay, etc. and remember to laugh often!

Any tips for those with ADHD that find it that much more difficult to focus during this time? (i.e. - children and spouse at home 24/7)

- Routine and structure are important for distractibility
- Find a check-in accountability buddy
- Isolate and set boundaries with family to reduce distraction
- Avoid noise and visual distractions (clear your visual space, wear noise canceling headphones)
- Know yourself and work with reality (Are you a better focuser in the morning or evening?
Consider having multiple projects or tasks to toggle between when you lose focus on one)
- Prioritize things each day

What are some tips to stay motivated during the pandemic?

- Divide things into bite sized goals
- Use incentives to reward yourself for accomplishing tasks
- Visualize your desired outcomes and let those lead your decisions along the way. We must first visualize our goals to obtain them.

What are some resources for establishing a good morning routine that will help with anxiety/stress?

Find what works best for you. Some ideas include meditation and mindfulness exercises, physical exercise and stretching, using breath work, setting daily intentions, taking quiet time, listening to motivational speakers or inspirational music, praying, or anything else that recharges your batteries, centers you, or helps you to feel mentally ready for your day.

Find resources on DrRebeccaHarvey.com , or find Dr. Rebecca Harvey on YouTube, IG, Fb for free audio and videos recordings

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