Working Productively at Home (in a time of social distancing) …

- Create your workspace or a range of work zones that provide variety/new perspectives
- Create a feeling of control/improve your focus by decluttering your spaces
- Establish a daily rhythm via a home schedule that includes set times for schoolwork, exercise, virtual peer interaction, other short/long term tasks and time outside
- Treat each morning like a new day/get out of your PJs and into clothes with more possibilities!
- Track (and celebrate) your accomplishments daily
- Keep passive distractions (Netflix, YouTube, etc.) to a minimum – you be the creator/doer!

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**How To Clean Your Room**

Here's a basic outline of our tried and true room cleaning method. You can add in additional tasks as needed basis or a couple times per year.

**Melissa's 5 Room Cleaning Rules**

**Rule 1:** Get in the right headspace

Consult co-20 minutes to give your room the attention it needs and get in the mood for it. Pick your music ahead of time, get a drink, go to the bathroom, and then get cleaning.

**Rule 2:** Use the right tools and products, and have them all with you

Select items that you need, nothing more and nothing less, just enough to be efficient (see list below). Gather up the items and take them to the room, don’t leave one item out.

**Rule 3:** Have a Method

Have a plan! Remember to work clockwise and stay on course, that way you won’t need to remember what you have and have not cleaned. Always clean from top to bottom too, that’s the direction dust falls!

**Tools and Products**

- Microfiber cloths for dusting, cleaning, and polishing.
- Glass cleaning cloth, for mirrors and windows
- Vacuum (mop if you have hardwood floors)
- All purpose cleaner
- Glass cleaner
- Disinfectant (points of contact) - if you wish
- Garbage bag, bag for recyclables
- Mop pole, hair elastic
- Fresh linens - if you wish
5 Ways to Help Teens Manage Anxiety About the Coronavirus (excerpted from the 3/11/20 New York Times)

- Normalize Anxiety – anxiety can be a useful and protective emotion. Worrying about worrying is not. Healthy anxiety has a purpose as it alerts us to potential threats and reasonable actions. Help teens understand what steps they can take to ensure their own wellbeing.
- Offer perspective -- help teens not overestimate the dangers or underestimate their own ability to protect themselves by reinforcing common sense, immune boosting self-care messages around adequate sleep, healthy food choices, fresh air and exercise.
- Refocus on positive ways to impact others – self-quarantining doesn’t just protect ourselves; it also helps ease the strain on local medical systems.
- Distractions – shield yourself from digital intrusions/24-hour news cycle; instead focus on tangible activities (homework, chores, and creative projects) that provide a sense of accomplishments.
- Parents demonstrate good mental health strategies – couple reassuring words with actions; talk about personal strategies to mitigate stress (meditation, exercise, home projects, reaching out to loved ones, etc.); model level-headed approaches to assessing incoming information (source reliability) and determining an appropriate range of responses (if this then this).

SOCIAL DISTANCING: What does it mean?

Social distancing means reducing close contact between people to slow the spread of infectious diseases.

Slowing the spread of the virus will help our hospitals be able to care for patients. If too many people get sick at once they might not be able to care for everyone who needs help.

Avoid:
- Playdates
- Playgrounds
- House Parties
- Bars
- Non-essential travel
- Museums, Arcades, Mills
- Church Services
- Sleep Overs
- Concerts, Sporting Events, Theater
- Gyms
- Group Hangouts
- Weddings

Use Caution/Limit:
- Grocery Stores
- Take Out Food
- Pick Up Medications
- Contact a Neighbor, Friend or Relative to ask if you can drop off groceries/medication at door

Safe To Do:
- Watch TV or Movie (at home)
- Read a Book
- Play Video Games
- Listen to Music
- Game Night
- Yard Work
- Go for a Walk
- Go for a Hike
- Play in your yard
- Do these things alone or with members of your household

Video Chat
Take a Class Online
Virtual Tour a Museum
Paint
Cook
Offer Your Skills to Others
Electronically
Be Creative

Now is the perfect time to Ask the Experts you live with what set of skills you could develop over the coming days.

The opportunity in adversity corner...

Having lots and lots and lots of time at home is not typically high on a teen’s bucket list, but (like most unfortunate moments in life) there’s a chance to make lemonade out of this current batch of lemons. For starters, parents are great sources for important life skills like:

- sew a button, schedule an appointment, address a letter/package, iron clothes, organizing documents, budget money, search for jobs, read contracts, change a tire, read a map, set up public service (electricity, heat, water), decide on a phone plan, buy or lease a car, find a doctor/dentist, order a taxi/Uber/Lyft, plan meals, keep in touch with family/friends, be punctual, deal with emergencies, write a professional email, hang a picture, take care of plants, keep recipe staples (spices, key ingredients) on hand, get stains out of things, create a good impression before and after an interview, etc.