

*Total Wellbeing Solutions for a
Better Employee Experience*

Finding Work-Life Balance in the Age of Coronavirus

As the Coronavirus pandemic continues with no clear end in sight, it's harder to sustain a sense of normalcy in daily life. While the early days of the pandemic called for breaking many personal care and parenting rules, now it's time to make a shift toward more sustainable habits. It's definitely not the normal we're familiar with, but there are strategies that can help you feel more stability and happiness in your life at home.

Continue Enjoying Your Hobbies

When was the last time you truly relaxed and let go of your stress? Keeping up with self-care is more important now than ever, but many of us are getting so bogged down with work and other stressors that hobbies and relaxation have fallen by the wayside. As you're nailing down the boundaries you set for work and personal schedules, remember to include some time for yourself. Use this time to participate in activities you enjoy—scrolling through social media on your phone doesn't count. Rekindle your passion for old hobbies or find some new ones. Even if you're just spending an hour a week participating in these types of activities, you'll be doing a world of good for your mental health.

Along with hobbies, try to find some outlets that make you laugh. Watch a funny movie, read a lighthearted book, or play with your pet. With so much negative news inundating daily life, it's essential to find opportunities to smile.

Pay Attention to Socialization Needs

Most major events and gatherings are downscaled or canceled for the foreseeable future, but that doesn't mean you can't still connect with friends and family members outside of your household. Especially without some of your normal social interactions at work, it's incredibly important to have some time with other adults that you don't live with. Hosting a chat using video technology, as an example, is a great way to connect with friends, or even touch base with your coworkers.

Where you may have had many social interactions built into daily life pre-pandemic, it's now necessary to seek out these opportunities on your own. Set reminders to check in with different friends or create a standing event for a regular phone call, video chat, or another type of social meeting that's safe and within your comfort zone.

Create An Indoor Workout Routine

Another area many of us are neglecting in the age of Coronavirus is our personal fitness. Without the ability to go to the gym and the consistency of a regular work schedule, it's harder to find the time and space to work out. Even still, you should make it a priority. Exercise might look different for you these days, especially heading into winter. Try shorter workouts that don't need much equipment, so you can easily do them indoors at home. Performing a few basic yoga poses, for example, will help you get back into shape and connect your mental and physical wellness.

Don't Expect to Shoulder Stress On Your Own

The pandemic has brought on a lone wolf attitude in many of us, making it hard to let go and know when you need some help. If you're stressed and having trouble finding time for your personal life, you could benefit from seeing a therapist. This is a huge step in your self-care, as it will provide you with a safe space to identify the sources of your stress and minimize their impact on your health and wellness.

Recognize Compassion Fatigue

Compassion Fatigue is something frequently experienced by health care providers and first responders, but has become much more prevalent for everyone throughout the Coronavirus pandemic. It is important to recognize if you may be experiencing Compassion Fatigue, as ignoring it can leave a permanent affect on your life. Symptoms include low morale, impaired immune system, feeling the need to isolate, questioning beliefs, and losing sense of purpose. These symptoms can be very disruptive, and reaching a point where you have control over your own life choices will take time and hard work, but working through them during stressful times can often lead to powerful, positive life changes and a new sense of resiliency.