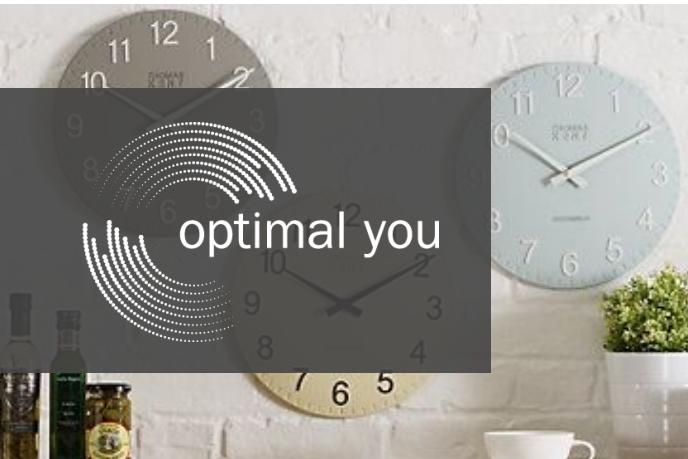


# Balancing Your

**Are you feeling balanced?**  
Consider the last two months.

Have you struck a balance between work, rest, chores and homeschooling? When you feel imbalanced, have you developed strategies to help yourself cope? The Optimal You Team is here to help you find what works, and give you grace when you're struggling.

From tips on establishing your unique routine, to reviewing what works as the OY parents school from home, we're here to ensure you have tools to find your way.



# Optimal You

## What Does “Routine” Mean?

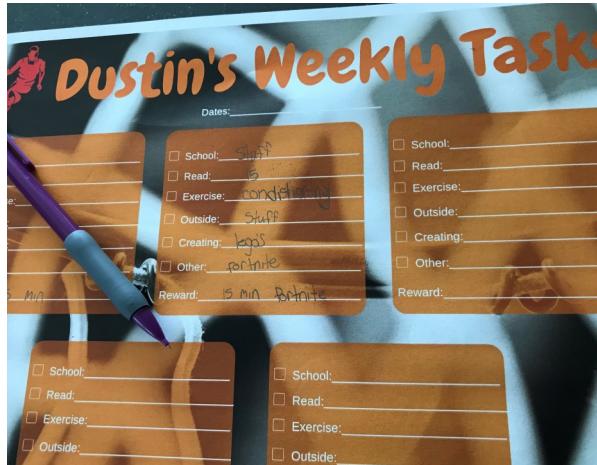
Keeping our normal schedule during abnormal times could be counterproductive. Sure, a regular sleeping pattern is healthy, and we may get hungry for breakfast around the same time every day, but do other activities feel forced?

While maintaining some level of normalcy is helpful, loosening certain restrictions might lead to the days flowing better. For instance, if you are a morning person you may dislike saving your workouts until after a full day's work. Or if you're a night owl and struggle trying to come up with creative content early in the morning. Now is your chance to design your optimal routine. Saving a workout for when the physical energy hits may leave you feeling laser-focused and more productive rather than trying to work harder to keep up with a familiar “normal” schedule.

Many of us haven't had the opportunity to determine how we can perform optimally without scheduled and time restrictions. You may feel more social, energetic, creative, tired, active, focused or productive at various times of the day. Journaling is one great way to identify a pattern to these moods and help you schedule out your most productive time of day.

# HOMESCHOOLING: THE GOOD & THE GOOD

It's not news: homeschooling is TOUGH. Whether you're learning phonics for a 1st grader or algebra for an 8th grader, you're up against challenges daily. The parents on the Optimal You Team share what's been working in their households.



## Andy 7 year old daughter and 11 year old son.

Over the past 7 weeks, our family has had it ups and downs. What works, and what doesn't, changes weekly, but there are a few things that have been more successful. First, having a task sheet with a reward after each day. For example, if my son completes all his tasks, he earns 15 additional minutes of Fortnite time that he can use or bank up for the end of the week. Second, doing activities together, like exercise. Our kids are active, but since they've been home and not in a structured sport, we are having trouble motivating them to move. If we workout with them, they are more likely to engage. I hope you all are finding your own groove and building on what is working as we move through each week.

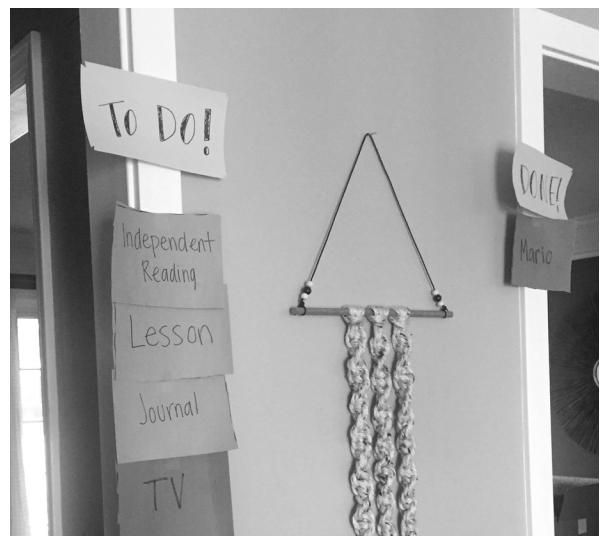
## Considerations for Younger Children

- Experiment with longer rewards vs shorter. Some children may respond to "saving" things for the day's end, while others will react better to smaller rewards split more frequently throughout the day.
- Many younger children may not be able to articulate feelings of grief, loss and disappointment. Try a daily "what color are you" check in, or use illustrated faces to discuss emotions.
- Aim to emulate the school day rotation of play, learn, eat. Just like an adult's work day, scheduling time for rest and release amidst assignments can help keep tempers down and productivity up!

## Sarah—6 year old son

I'm getting to know my son in a new way every week. I'm running man-to-man defense with him for at least 12 hours a day, and he is VERY social and doesn't do much alone. We've found a couple things that work. The latest success: colored cards that we keep taped on a doorway listing school tasks, play, meals and screen time. In the morning we review the first half of the day and put cards in a general order on the "to-do" side, after lunch we do the same. He loves moving the card to the "done" side of the door when the task is complete and asks (asks!) usually...what's next.

Another unique way we're connecting and really, buying me time, is to pay coworker Wendy's youngest to "tutor" him via Zoom twice a week. Like babysitting, she's in charge, bringing lessons and activities, and helping him complete one or two of his tasks for the day. Then they have a pretty adorable dance party. It's a win-win he looks forward to!



# HOMESCHOOLING: OLDER KIDS & TEENS

## Tim—Son, 10 & Daughter, 15

Our kids are 10 and 15. With both my wife and I working (I from home, she is an essential worker, and away 40 hours per week) we needed structure. Most days started with a discussion (debriefing, if you will) with a list of things to do that day. We include the following (time spent on each vary a bit, but at the end of the day they should have worked on each element)

- Something academic (1-2 hours) - They sign in to Google classroom and get to work on their assignments.
- Something for the house (1 hour) - They are in charge of cleaning their own bathroom, assisting with laundry, cleaning up around the yard, vacuuming the house, dog chores, taking care of garbage/recycling, sweeping the floors, etc. They split those duties evenly. Some are daily chores, some weekly.
- Lunch, and ""recess" (1 hour)
- Something to read for fun (30min-1 hour)
- Academics as needed, and/or reading (1-2 hours)
- Applied learning - We encourage them to try a new skill every week - learn the basics, and practice it. Included the past few weeks: guitar/ukulele, operation of basic power tools, front flip on the trampoline, baking bread, riding the Ripstick, how to throw a dart, and much more!
- "Free time" the rest of the day, typically after 3:30pm.

Structure is essential, both for kids and parents. But we find it is best to break up the day into blocks - never to spend more than an hour or two on the same thing. That is how we achieve the best balance in our house!



## Wendy 12 year old daughter and 15 year old son.

Initially, I was amazed at the wealth of advice on parenting and home schooling and felt pressure to create a productive school schedule. Then I realized the grief my kids felt from lost time with friends, teachers and teams.

Now, I try to be more flexible with expectations, making adjustments and prioritizing family time daily. Currently, we're in a board and card game competition (over 45 'matches' so far!) and my husband and I have invited our kids on the second half of our walking 'dates' around the neighborhood.

The transition has been rocky, but I'm establishing boundaries. Before my kids' daily barrage of non essential questions and lack of problem solving skills take hold, I plug headphones into my computer and listen to music (or pretend to), it provides a physical barrier and encourages (ideally) independence.

The best strategy I've found to provide a healthy environment while balancing time with my family, work and selfcare, is to allow myself grace after getting through each and every day.



# Weekly Well-Being Activities

Are you taking advantage of ALL *Optimal You* activities, resources and classes each week. Let this list be your guide as you plan your well-being routine.



**Group Fitness Class  
on Facebook Live**



**Watch Caregiving  
& Parenting in  
Turbulent Times**



**Tag Optimal\_You\_FF  
on Instagram in a  
healthy post**



**Finish the Health  
From Home 5K**



**Watch the "Ask the  
Staff" Video**

**Read "Broad  
Scope, Narrow  
Focus"**

**Share a Pre or Post  
Workout Snack**

**Digitally connect  
with your team**



**Try an Optimal You  
Healthy Recipe**

**Read Health From  
Home Newsletter**

**Take a Dynamic  
Stretch Break**

**Listen to a Beyond  
Normal Podcast**

**Click images to link to Optimal You resources to support your well-being.**

# HEALTH from HOME: RESOURCES

## Beyond Normal: Pursing a New (And Better) Normal with Circle Wellness

A free podcast series, where leading experts in physical, mental, social and financial wellbeing extend empathy and guidance as we pursue a better normal during and after this crisis. Two podcasts are released each week, so check back often!

Visit [www.circlewellness.com/thebigknow](http://www.circlewellness.com/thebigknow) to listen in.

## Boost Behavioral Health

Supporting family members, while trying to manage your own responsibilities and stress, can feel overwhelming.

### *Let Encompass work for you.*

Reach out to Encompass, Amway's Employee Assistance Program, and let them research and find resources to support your specific needs, whether it's child care, elder care, food delivery services, etc. They are also there to provide 24/7 counseling to support your emotional health.

**Encompass is available 24/7 at no cost to Amway employees and others living in their household.**

Call 800-788-6830 or visit their website at [www.encompass.us.com](http://www.encompass.us.com).  
Company code: amwalt.



## Virtual Healthcare Visits

To protect others in your community, consider virtual visits before scheduling face-to-face appointments for non-life threatening symptoms.

Telehealth opportunities include:

- Blue Cross' 24-Hour Nurse Line
- Online Access to Your Primary Care Doctor
- Blue Cross Online Visits

Visit the Intranet FAQ or scan QR code for telehealth scheduling details:

