

HEALTH from HOME: Inspiration

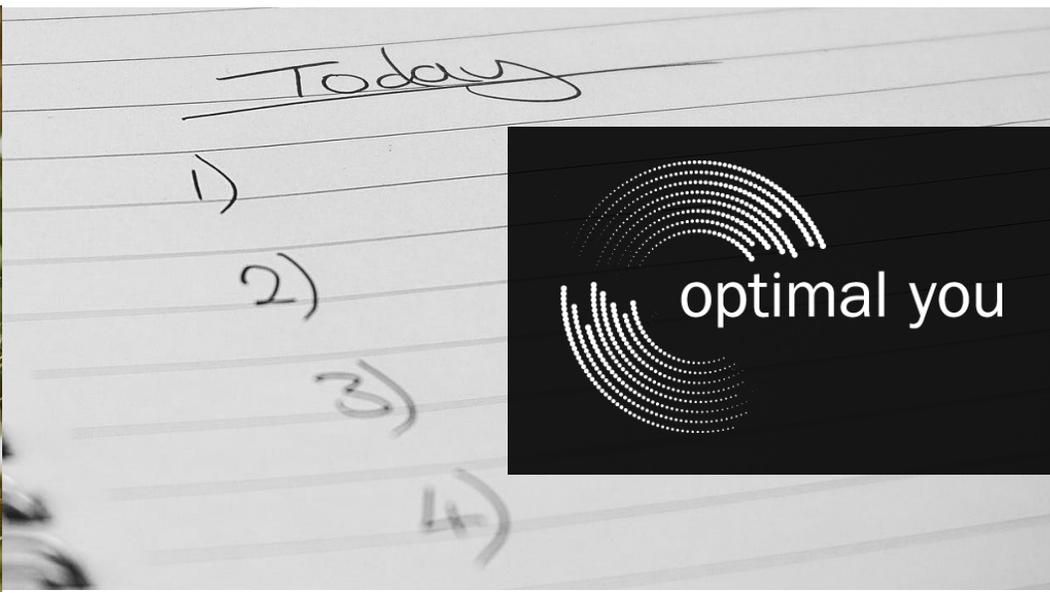
RESILIENCE

Your work and lifestyle have been affected by changes in location, workspace, and social interactions the past three weeks. Assessing your progress so far can inspire your productivity moving forward.

- **Have you been seeking and/or providing social support in relationships with family and friends?** Address daily communications and the quality of your connections with individuals.
- **How is your ability to manage strong feelings and impulses?** Consider your coping skills and any personal outlets you may have available to re-direct you during difficult moments.
- **Do you practice problem-solving skills?** Prior techniques may need to be adjusted. We can't fill water bottles at an Amway fountain or walk to Europa, but we can find adjustments for selfcare.
- **What areas of your life you do have control over?** Whether eating three meals a day, taking activity breaks, or brushing your teeth, take control of basic needs as you transition to life at home.
- **Are you seeking resources?** From Yammer to Encompass, Facebook to phone calls, utilize resources to connect with others for a sense of togetherness and community.
- **How are you coping with stress?** Do more of what works for you and less of what doesn't. Coping styles are different for everyone. Self-imposed pressure and perfection can sabotage progress.

Boost Your Resilience

Visualize success, which may improve decision-making. If productivity is low, take a mental health break to walk or read. Productive days can also be draining; take breaks often to nurture your well-being. Boost your self-esteem by offering yourself grace. Create a productive work schedule. Tackle emails and messages during windows of productivity. Then, take strategic strikes at a prioritized work list at other times in the day or evening to help you complete tasks and remain efficient.



Letters from the *Optimal You* Team

Making the best of this transition in my household is starting to get harder each week. Every day we try to find new ways to keep structure and motivation, but when your kids start getting sick of each other, or don't want to go outside and play alone, our emotions get harder and harder to keep in check. Some days are better than others, but we are finding it hard at time to balance working from home, educating our kids, cleaning, finding new ways to not get sick of each other, etc. That said, a way we are embracing to stay inspired is having a daily task sheet for each person in the house. If we get all our tasks accomplished, we get a little reward each night. Another thing that is helping is having a weekly target. Something to look forward each week. Two weeks ago, it was my son's Fortnite Zoom birthday party and this past week was getting our new puppy (which was planned eight weeks ago!) I hope all of you are finding your way of staying inspired during this new journey!

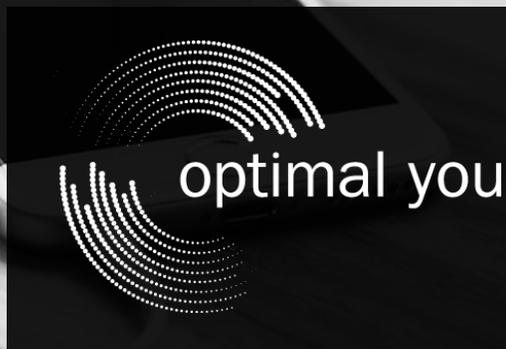
Healthy Regards, Andy Bix

LISTEN IN

A Note from Nadine:

Music is powerful. After being home for a couple weeks, I started noticing that I was only regularly listening to music when driving. Since I was not doing anymore driving, I was not finding the motivation to get up and start a home workout.

When I start to lose inspiration, I turn to songs that take me back to a happy memory, or songs with inspiring and uplifting lyrics. I reach for my earphones and dig up my happily and carefully curated playlist and get my day started!



Inspiration Leads to Motivation

The Optimal You Team is Keeping Things Fresh!

We are certainly living in weird, uncharted circumstances! My wife and I are blessed to be able to work from home, and our kids are 15 and 10, which is actually a pretty good age to have in the home during all of this. Young enough that there are plenty of new things to try and learn about, but old enough to be self sufficient with any needed school work, and other ways to keep busy during down time.

We are very driven to make the most of this circumstance for own personal growth, but especially our kids. There is never a dull moment in our house! I try to learn one new thing or skill every day, while challenging my kids to do the same. For instance, we play a LOT of ping pong, billiards, darts, Legos, catch, basketball, board games, and all other manner of driveway activities. My son challenged me to learn to ride the Ripstick (which is more difficult than it looks!), but I caught on, and man, is it fun! My daughter has found a new found passion for baking, and I'm challenging myself with cooking meals more often. We encouraged the kids to write pen and paper letters to their friends, and they learned what a STAMP is! Haha! But most importantly, we have found a rhythm to our life at home. A great balance between togetherness and alone time. And during all of it, we are committed to growth, both individually and as a family.

That is our inspiration.

Tim (and DeBoer family)

How Alden is Staying Inspired

Finding a book to read

Walking my dog for at least an hour a day can really help to clear your mind. Even on the gloomiest days this can help out tremendously

Cleaning often and thoroughly. A clean work space is a happy work space

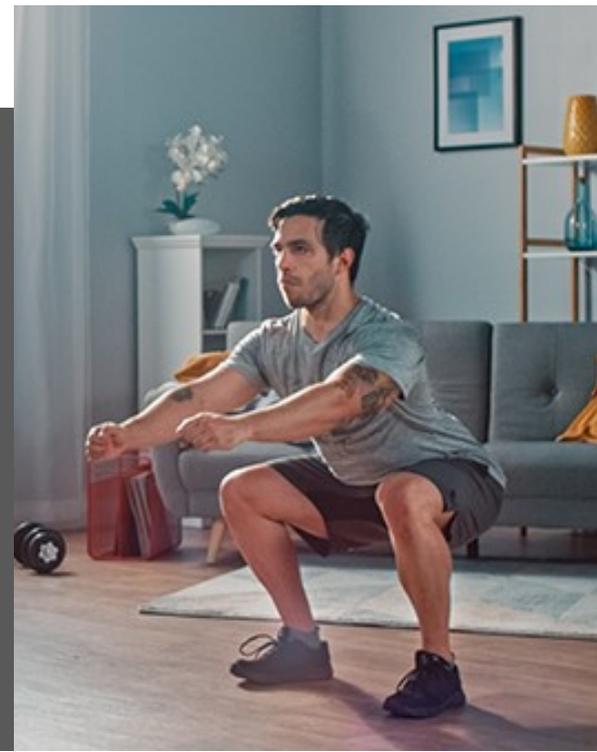
Baking has been something that can take my mind off of being stuck inside all day

Doing at home workouts gives me an extra kick to a groggy day



JUST DON'T GIVE UP TRYING TO DO WHAT YOU REALLY WANT TO DO. WHERE THERE IS LOVE AND INSPIRATION, I DON'T THINK YOU CAN GO WRONG.

ELLA FITZGERALD



Dietitians Keeping Things REAL

PICK ONE THING

A new mantra from Sarah Van Eerden, *Optimal You* Registered Dietitian

I thrive on interaction, with co-workers, friends or my extended family. Now, my days are spent with my 5-year old son, as my spouse works in logistics and is away from the house 7AM–8PM. Days, especially cloudy ones, were feeling quite long.

As I come to terms with how long social distancing will last, I've adopted a new manta to stay inspired. Each day I choose one thing to do, make or try. Last week my son and I designed and sewed a monster, I did a songwriting challenge and made a new recipe, jambalaya! One thing feels doable, leaves space to work and homeschool my kindergartner, but keeps something on the horizon to look forward to.

ONE THINGS I look forward to:

- Planting seeds
- Painting my sons playroom
- Splitting perennials
- Making Shakshuka
- Making our 2019 photobook
- Making our 2018 photobook, ha!
- Rearranging wall hangings
- Writing a friend a letter
- Painting for fun
- Making a Summer Songs playlist
- Making bean burgers
- Pickling vegetables
- "Music video" with my son

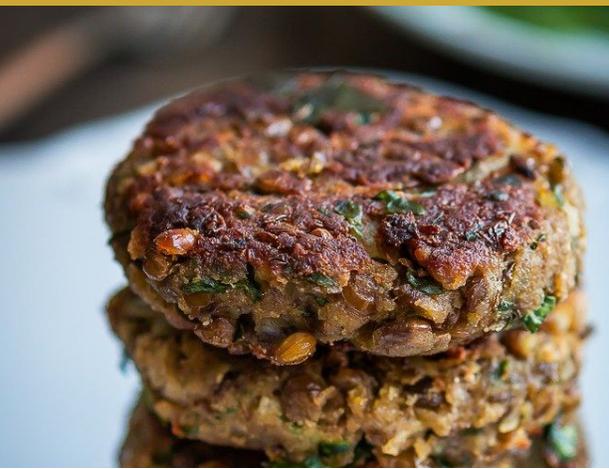
As I left the office March 12, I was prepared for another weekend gauntlet of kid's activities. Then everything stopped. **At first, the break from commitments and time at home was a welcome respite,** I entered the first *Health from Home* week with a dry erase board of home school ideas, work schedules and meal plans. I "hired" my daughter to make breakfast each day and she welcomed the challenge. I even felt sad for my husband, an RN working downtown in the heart center operating room, who still had to report to work. I wasn't sad as much that he may be exposed to the virus at work, as this is a constant threat, I was sad that he would miss out on the time at home with us.

Now a few weeks have passed, home schooling has become more of an afterthought, my daughter sleeps in until 10:00am most days, and I have grown envious of my husband and his personal interaction with other adults at work. He comes home, uncertain of the emotional climate and what storms have been brewing. As I reflect on my change in perspective, I was initially disappointed the home school walls collapsed and my meal plans were often unrealized aspirations. **Then I considered our resilience.** My son and daughter had to give up many activities and time with friends, and I miss my quiet office space and co-workers at Amway and **my** various community groups.

But we are working towards a new normal and have survived with only a few emotional storms. Meal planning has been re-defined: we stock the essentials and provide the healthy favorites, then I strongly encourage breakfast of at least two food groups, a lunch including a protein source, and dinner time is when the real vegetable action happens. Many meals are inspired as a gateway to refurbished leftovers. My small goals can be easily met, and I now gauge my accomplishments in a new light.

Celebrate the little things and embrace what works for you!

Wendy Brookhouse, *Optimal You* Registered Dietitian



LEARN HOW TO COOK.
TRY NEW RECIPES,
LEARN FROM YOUR
MISTAKES, BE FEARLESS
& ABOVE ALL HAVE FUN.

JULIA CHILD



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 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.

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:

