Happy at Home...at least for now
Best Practices for Happiness and Efficiency during COVID-19

This is a conceptual graphic. Each circle includes a sensible practice that leads to a HEALTHY OUTCOME (in all caps). The circles represent connected constructs that contribute to good mental and physical health. Of course, the connections are more complex and web-like than this graphic illustrates. Think about the specific behaviors that you can start today that will contribute to your happiness at home, both today and tomorrow.

Dress for Success
POSITIVE SELF-CONCEPT

Sit like a Pro
GOOD ERGONOMICS

Move Your Body 30+'
ELEVATED MOOD & ENERGY

Make & Keep a Daily Routine
PREDICTABILITY

Eat a Rainbow (of foods)
NORMAL METABOLISM & ATTENTION

Plan for Tomorrow & Go to Bed
DEEP SLEEP

Protect Time to Socialize
HUMAN CONNECTION

It is fantastic that we are all washing our hands with soap and water for 20+ seconds. But have you considered how often you clean these items?

(1) The hand towel in your bathroom/washroom
(2) The keyboard of any computer you share
(3) The cup in the lavatory where you brush teeth
(4) The sponge or scrubber in the kitchen sink
(5) The doorknobs and faucet handles in your home.
(6) Your smartphone, which is the biggest highway from your hands to your face.

Do what you can to keep objects and surfaces clean, wash or sanitize your hands frequently, and touch your face as little as possible. Here’s to your health!