

5 Steps to Happy and Peaceful Social Distancing

As we wrap our arms around the spread of the Corona Virus, social distancing is a catchphrase we are all getting to know. Let it be a good thing. It's easy when there are a lot of unknowns to default to knee-jerk reactions based in fear. All that does for us is make us run to the store and buy 200 rolls of toilet paper. I've created four steps we can all use to create calm and peace and even success despite the virus and it's spread. Lean into the moment, rather than cower in the corner from the moment we are in.

1. Use this opportunity to be with yourself.

How many times have you said "I don't have enough time to myself" or "I just need some alone time." This is your time. Get some alone time. Use this time for self-exploration. Read those books you've been wanting to read. Go through that home course you bought six months ago and haven't opened. Do a personal inventory. Ask yourself:

- What do I like?
- What are my fears?
- Are my fears justified?
- How am I reacting to what life is providing?
- Am I a servant to positivity or negativity?

This type of personal query can be very useful. The answers we discover can lead us to beautiful places. Develop yourself while you have alone time. You'll feel much better about your life, corona virus or no corona virus.

2. Outfit Your Home as the Perfect Telecommute location

In eight weeks when we have our arms wrapped around this situation and we are all back into mainstream rhythms we will long for the moment we could work in our pajamas. Put your mind to work to create a great remote home workstation, a functional telecommute space. Then when you want to work at home in the future, you can make the case to your boss to do so. You will have created a space that is perfectly functional. When normal returns, you will have a much better chance of creating that part-time in the office, part-time at home flexibility in your job.

3. Practice Good Time Management

If you haven't been working at home, and are only used to being home on the weekends, it can be difficult to regulate yourself. You may find yourself turning on the TV and sleeping in too long, because you are at home. Being in your pajamas does make it feel a little like the weekend. Try this:

- Get up out of bed within 30 minutes of when you would normally start work
- Get dressed. Don't sit around in your PJ's all morning. Make your bed.
- Match the schedule at home you had at the office. Enjoy some leniency, but mostly keep to your normal schedule. That routine will instill a sense of calm.

- Make a to-do list, and allocate time for your tasks. This way you will have a good idea how much time it will take to get everything done you want to do. If you plan to do personal errands or chores during work hours, make sure you allot time and energy to finish the tasks your job requires. Enjoy the flexibility of being remote, but cultivate discipline by self-monitoring your activities. Stay engaged with your day. Then you will create a rhythm to your day and you'll feel good about it.

4. Stay In Touch - Get Video Friendly

If you haven't already jumped into the video age, i.e. Facetime, Zoom, Skype, What's App, Messenger, etc., do it now. Use this time to get your technology up to speed so that you can connect face to face with people. Seeing someone on the screen is much better than just hearing their voice. If you have a close social network at your office or you regularly interact in community groups, learn to connect via video. It really helps you feel closer to people. It's the next best thing to being in person. Put social and professional contacts in your view.

5. See Yourself As Part of Something Bigger

Expand your heart and mind to see yourself and your family as part of a much bigger community that can have a massive impact on the lives of other people. This moment is not just about us. It's about protecting others, the weakest, and the most vulnerable. Reach out to the elderly who are afraid to go to the store. Shop local. Order food from restaurants that might go out of business. Read books on video and send them to your nieces and nephews who are out of school. Kids can make a video and send it to their grandparents. We can go out for walks and reconnect with nature in a way that we haven't be able to because we haven't slowed down. See the bigger picture and larger opportunity to claim a moment in history as our finest moment. This emergency gives us all permission to become better citizens.