

## How to be Productive When You're Stuck at Home

Whether you're stuck at home due to quarantine or you've been stuck at home due to restrictions in your local area, I have some tips to help you make the most of this time. During the pandemic many people lost their jobs, kids returned home to attend remote learning sessions, and other people had to work remotely.

No matter what your current situation is, these tips to be productive when you're stuck at home will help you make better use of your time. These productivity tips are useful for the work-at-home parent, the stay-at-home parent, or the adult who simply needs to feel accomplished each day.

### Create a Morning Routine

Set an alarm to wake up at the same time every day and create a ritual. This might look something like waking up and enjoying a nice cup of hot tea. From there you may do some stretches or yoga to wake up your body. After that, you could take a shower and get dressed. Create a morning routine that feels inspiring so you're able to feel good at the start of each day.

### Get Organized

Since you've been stuck at home for a while you may notice that your house is in shambles. People are home more often so the household items are being used more and people simply aren't organizing their stuff. Take a look around your house and make note of which rooms you want to organize first. Start getting your physical items in order by labeling, filing, and putting stuff away. Don't forget to get your household members involved with this process!

### Make a Schedule

I said these tips would work whether you're a work-at-home parent, stay-at-home parent, or remote working person and I meant it. No matter what your status is while stuck at home, you need to have a schedule. Make a list of things you have to get done or want to achieve each day, the latter is for stay-at-home parents. This will give you a general idea of what you need to do. You can assign each task to a specific time during the day to have a master daily or weekly schedule.

### Reduce Social Media and News Consumption

This is a must for anyone who takes being productive serious! You must reduce the number of hours you consume anything negative or distracting. Social media and news fall under the category of distracting but can be negative to your wellbeing, too. While you want to know the latest news about the pandemic and what's going on in the world, reduce the hours you spend soaking this information in. Consider adding "watch news" or "peruse social media" as part of your daily schedule tasks so as to not consume too much.

### Start Meal Planning

It's so easy to slip into an unhealthy diet plan while you're stuck at home. You might be craving more fatty or sugary treats during the day because you haven't filled your time productively. Be sure to start meal planning and snack planning. Make a list of what you'll eat each day for breakfast, lunch, dinner, and snacks. This can be useful for anyone who tends to reach for that quick treat throughout the day. Put your meal planning schedule on the refrigerator so that it's in plain sight every day.

### Start Exercising

Schedule a few breaks throughout the day to go for a walk around your yard, or do some simple exercises. This will keep your spirits high and your body healthy while you're stuck at home. A mid-day break for some cardio will give you the energy to push through the rest of your day. Find a gym on Instagram or Facebook that's started doing live sessions and join in virtually with others who are stuck at home but want to exercise together for support.

To put it bluntly, the most productive people in the world know the value of time. Everyone has the same 24 hours in a day. By using my tips shared above you'll find that those 24 hours are used more wisely when you have a mission each day. Getting up with the same morning ritual, showering, and getting dressed along with having a schedule, meal plan and simple exercise plan will help keep you productive when you're stuck at home during the pandemic.