26 Ways to be Proactive During COVID-19

You can still be productive and proactive in a variety of ways.

March 25, 2020 By Connie M. Welch

In this time of social distancing and spending extra time at home, you can still be productive and proactive in a variety of ways.

Here are 26 ways to be proactive during COVID-19.

*Social distancing is a must. Stay at home. Only go out to get the necessary items. If your company allows work remotely from home. This is a temporary measure that will have a big impact on reducing the spread of the virus and shorten the time we need to be at home. You can make a difference and help save lives.

Social distancing doesn't mean you can't stay connected with others. Connect by; phone, use Skype, Facetime, Zoom, or other resources.

*Wash your hands often with hot soapy water. Use alcohol-based hand sanitizer often throughout the day, especially when going to stores.

*If you sneeze or cough, use a tissue. If a tissue is not available, cough or sneeze into your bent arm or sleeve. Avoid touching your mouth and eyes. Germs from coughing, sneezing can spread for up to 6 feet.

*Virus germs can live on surfaces outside the body for days to weeks. Clean surfaces with a bleach-based cleanser. Remember common places you touch like; phone, tablet and computer keyboard, doorknobs, steering wheel, and gear knob, shopping carts, etc. Clean your bathroom and kitchen surfaces thoroughly. Change out kitchen and bathroom hand towels often. Wash bed sheets often.

*Eat nutritious meals.

*Drink plenty of pure water or water infused with citrus.

*Take Vitamins (talk to your doctor before taking any medication, vitamins, herbs or supplements).

*Exercise: Walking outside or inside (walk at home DVD's or live streaming walk/exercise groups

you can enjoy in the privacy of your home), Strength training with resistance bands and hand weights, Stretching & flexibility exercises to help improve muscle tone and balance, stationary bikes boost cardio, stamina, and endurance.

*Get at least 8 hours of good sleep.

*Prayer/meditation.

*Read: Read through the Bible one section/one chapter/or segment daily.

*Bible Study: Personal Bible and/or Family Bible Study. Online Bible Studies are also available.

*Memorize Scripture: Write scripture on a card and work on memorizing one scripture a week. Work on this personally and as a family.

*Call and check on those who are elderly, those you may know who are immune-compromised, neighbors, friends, relatives. If anyone is in need of something, offer to go to the store or help them the best way you can.

*Read a book: Look for Nuggets. Reading individuality and even as a family.

*Family Movie night with popcorn

*Game night

*Social Connecting by talking on the phone, Skype/Facetime chats.

*Work on a project and be productive. Clean out closets or the garage. Do some interior projects like painting, etc. It's a great time to get things done. It will boost your spirit while accomplishing something.

*Journal: Journaling can be done in various ways. A thankfulness journal is a great way to concentrate on God's goodness and provision especially in the midst of difficult times.

*Listen to music.

*Do an online group book club or start one. There are online resources like Zoom and others that you use to get your group together "face to face" online.

*Do artwork, paint or write a book. Be creative. Work on labeling family photos, make photo albums (there are plenty of online photo resources to help you create memorable items).

*Work on family genealogy.

*Time with the family to play games, puzzles, talk, work on a project together, interact with each other.

*Get outside without being around crowds. Do yard work. Go for a drive. Grill out in the backyard, play outdoor games, soak up some fresh air and sunshine even in your own yard.

On a personal note, eat more chocolate, love your family and remember, this too shall pass.

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