

A SIMPLE GUIDE TO CARE FOR YOURSELF

CREATED BY

bizzNEST 

DigitalNEST 

How do you plan for your day?

Let's organize your routine together



I'm going to wake up at: ____ : ____

(you have a new day to do incredible things)



I'm going to work out at: ____ : ____

(keep yourself active: dance, run, jump rope. Get your body moving)



I'm going to shower and eat breakfast at: ____ : ____

(we are ready for a new adventure at home)



I'm going to start my work or homework at: ____ : ____

(set goals every day; this is the moment to feel inspired and offer your best self)



Time for lunch: ____ : ____

(sit at the table with family, serve fresh and healthy food to fuel your body)



Back to work or homework at: ____ : ____

(you still have a couple more hours of productivity; take advantage of it)



Time to enjoy myself at: ____ : ____

(what makes you happy? play video games, meditate, paint, sketch. The possibilities are endless)



I'm going to eat dinner at: ____ : ____

(think of what delicious recipes you want to explore today)



Time to be with my family or roommates: ____ : ____

(time to enjoy your family or roommates! play board games, or simply enjoy a conversation)



I'm going to bed at: ____ : ____

(ZZzzZZzz)

**We want to
help you make
your day more enjoyable.**

Here are some **TED**Talks , that we recommend

- ▶ **What Fear Can Teach Us** by Karen Thompson Walker
- ▶ **The Gift and Power of Emotional Courage** by Susan David
- ▶ **Where Does Creativity Hide?** by Amy Tan
- ▶ **Go Ahead, Dream About the Future** by Charlie Jane Anders
- ▶ **How a typeface helped launch Apollo** by Douglas Thomas
- ▶ **7 rules for making more happiness** by Stefan Sagmeister
- ▶ **How giant websites design for you** by Margaret Gould Stewart
- ▶ **Great design is serious, not solemn** by Paula Scher
- ▶ **The clues to a great story** by Andrew Stanton
- ▶ **We are the stories we tell ourselves** by Shekhar Kapur
- ▶ **The magic ingredient that brings Pixar movies to life** by Danielle Feinberg

Ideas to spend your time with your family or roommates

put your devices down and enjoy some quality company

PICNIC AT HOME



Prepare some sandwiches, snacks, find an open space in your house and place down a blanket. Don't be shy to set the mood, find environment sounds on Youtube, add some flowers (even if they are plastic), play some music, use your reusable plastic cups and enjoy your picnic.

KARAOKE



It's been proven that music makes us happier. Find those tunes that you love and sing with all you've got. Remember not to bother your neighbors too much

COOK



Food brings people together. Enjoy cooking new or classic recipes together with your roommates or family.

GROUP WORKOUT



There are many online workouts to choose from. Invite your family/roommates to join you in a quick workout to get your endorphins pumping. One great resource is the Nike Training Club app, which is currently offering their premium membership for free. Enjoy workouts ranging from just a few minutes to an hour.



Spend time with yourself



Get back to that book you forgot to finish.



Create a playlist with your favorite songs.

Train your mind. You now have time to meditate. There are a lot of videos on YouTube or you can download the Headspace app.



Take time for self-care. Apply a facemask, hair mask or body mask. Try a homemade recipe to help keep your skin refreshed.

Capture new perspectives. Get in touch with your inner photographer or filmmaker and express your view of the world.



Get organized. Trust us, you are going to feel so accomplished once you organize your stuff.



Tips to find internal peace

Emotional intelligence guide

Help someone:

It will be one of the best feelings that you can experience during this time.

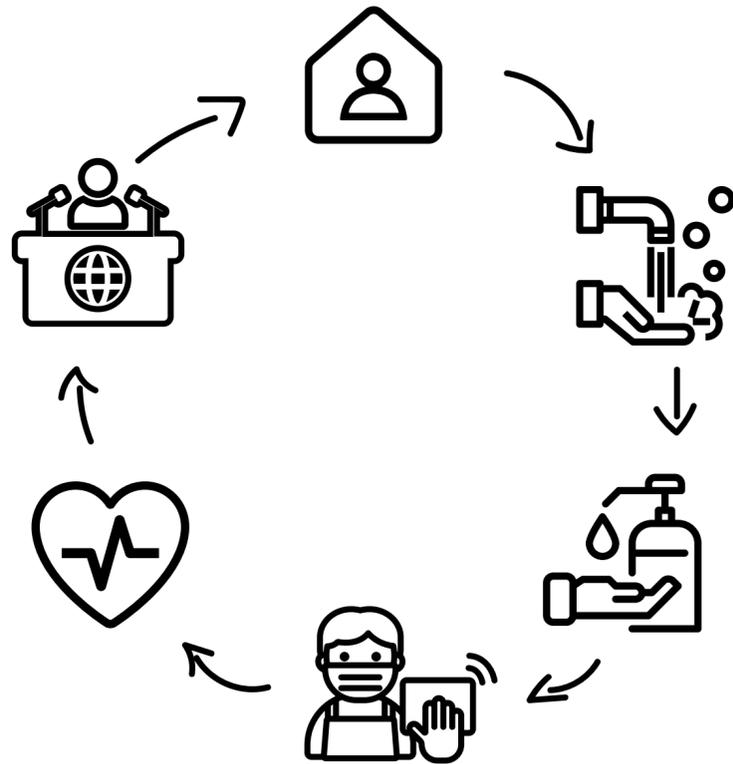
- Meditate every day. Find a type of meditation that works for you: yoga, mindfulness, mandalas, etc.
- Find positivity in every situation. Everything that happens to us comes with a lesson to be learned. Spend some time searching for answers.
- Hobby time: it's really important to do what makes you happy.
- Think positive, speak positive, act positive. The way that we think, speak and act has a huge impact on our lives and emotions.
- Eat healthy. The way that we eat and take care of ourselves is reflected in our mind and body.

Inspirational Quotes

- "Listen to your being. It is continuously giving you hints; it is a still, small voice. It does not shout at you, that is true. And if you are a little silent you will start feeling your way. Be the person you are. Never try to be another, and you will become mature. Maturity is accepting the responsibility of being oneself, whatsoever the cost. Risking all to be oneself, that's what maturity is all about." – Osho
- "A flame does not stop shining because of the darkness that surrounds it." – Rafael Vídac
- "The single most powerful asset we all have is our mind. If it is trained well, it can create enormous wealth in what seems to be an instant." – Robert T. Kiyosaki
- "No need to hurry. No need to sparkle. No need to be anybody but oneself." –Virginia Woolf
- "There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will." –Epictetus
- "To practice any art, no matter how well or badly, is a way to make your soul grow. So do it." – Kurt Vonnegut
- "Creativity involves breaking out of expected patterns in order to look at things in a different way." – Edward de Bono
- "Sometimes, things may not go your way, but the effort should be there every single night." – Michael Jordan
- "The way to get started is to quit talking and begin doing." – Walt Disney

**"Creativity doesn't
wait for that perfect moment.
It fashions its own perfect
moments out of ordinary ones."
– Bruce Garrabrandt**

There are little things that we can do that have a **Big impact.**



Stay home: Protect your family and yourself. This is a unique moment that requires unique actions. The best thing you can do is to remain calm and at home.

Wash your hands: Wash your hands 8 to 10 times a day a day for 20 seconds at a time.

Use hand sanitizer: When you don't have the opportunity to wash your hands with water and soap use hand sanitizer.

Keep clean surfaces in your home: This virus can travel on different surfaces. Keep your house clean, and don't forget the devices that you touch frequently like your cellphone.

Eat healthy and take your vitamins: consume fruits and vegetables. Take vitamins so we can remain strong both inside and outside.

Keep yourself well informed: Stay up to date on government websites. Here's one to start with: www.usa.gov/coronavirus

Stay safe and keep learning

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