

Bring New Life to Your Quarantine Home:

Presentation Highlights and Helpful Links

by Linda Varone of Nurturing Spaces Sponsored by Plugged-In at the Robbins

**During this COVID quarantine, we are stressing our homes,
and the limitations of our homes are stressing us.**

Make your home your sanctuary, a place for personal renewal and connection with others. Click here to see [Use Hygge to Survive Quarantine](#) (i.e., the art of coziness)

“Listening is an act of love.” - Dave Isay, Founder of StoryCorps

“Regular eye contact is essential for human bonding.” - Witold Rybczynski, architect and historian

Good lighting supports eye contact and connection.

Workspace options in your home: designated office space or study, guest room, basement or bonus room, dining room, unused living room.

Home office set-up: desk perpendicular to window, good lighting, basic ergonomics, physical or mental boundaries, (reasonably) organized papers and projects.

Work From Home

[Basic ergonomics:](#)

[Laptop Ergonomics](#)

[Home Office Organizing Ideas](#)

[The Smarter Home Office: THE BOOK.](#)

Everyone needs privacy sometimes. [Claim Space for Yourself](#)

If you live with others and don't have a private space, *signal* your need for privacy.

Too much privacy = Isolation. Reach out by phone, never underestimate the power of the human voice. Treat yourself like your own favorite guest.

Use simple rituals to shift gears between work and personal life.

Have one meal a day gathered together at a table.

Make family meals electronics-free.

Cooking during quarantine:

[For Those Who Don't Know How to Cook](#)

[The \(Guilty\) Pleasures of Dining Alone](#)

Five 3-Ingredient Sheetpan Dinners (if using frozen foods cooking time is double)

Mindfully use your time after dinner, instead of defaulting to more electronics. We may be “Together Apart” during this quarantine. We don’t need to be Alone Together. Set-up your gathering room for connection: How to Avoid Shouting Distance.

Books, Crafts, and Games:

BookRack

ArtBeat/Creative Adventures

Maxima

Playtime

Board game recommendations for all ages

Get a good night’s sleep by dimming lights and turning off electronics an hour before bedtime.

Weekends: Make them different from the rest of the week.

Nature is a Healer

Get outdoors. Bring the outdoors indoors. Real Simple: Fun Things to Do

The “Secret Sauce” of outdoor spaces: swings or rocking chairs, lemonade on little tables, tea lights, and soft music. (Crickets, fireflies, and the moon, optional.)

Get social with others outside. Get creative to make it happen.

This is a trying time for all of us. We are coping with isolation, anxiety, and boredom. Life is more challenging. We are figuring things out as we go along. Hang on to your sense of humor. We will come out the other side stronger, clearer and more generous with ourselves and others. In time, we will have good memories of the creative ways we responded to this challenge and how we pulled together.

More Helpful links:

Safer Hugs

Calm Meditation

Boston Pops - Summon the Heros

**For more ideas visit my websites LindaVarone.com
and TheSmarterHomeOffice.com.**

Click here to contact me.

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