

TAKE 3

During this school year of the COVID-19 reality, we seek effective and efficient means to tend to our own needs. It's hard to carve out large chunks of time with the extra workload, pandemic health precautions and extra mid space devoted to the needs of others and ourselves. *Here are three ideas to help maximize your wellness value with minimal time.*

wake

Morning Rituals

Establish a new morning ritual that can help set the intention for the day, in as little as a few minutes. Put aside five minutes each morning to attend to a self-focus exercise that better prepares you for the day.

Whether it becomes a short stretching routine, deep breathing focus, 'mindful' shower, daily affirmation or moment of gratitude, by focusing on ourselves and our daily intentions, we can start the day on a more positive footing and with a deeper personal connection.

stretch

Micro Wellness Goals

When we have little time, micro goals have a way of being consistently delivered on – and more easily woven into – our busy lives. With time and energy being more precious, small daily goals go a long way to being sustainable and have an underestimated compounding effect on our overall health.

Much like establishing a new morning ritual, micro goals can be integrated into daily life with little resistance or motivation required. Pick one micro goal for home and/or one for work, and be amazed at the overall exponential effect these have in our lives.

laugh

Humour

Humour is easily one of the most under-rated activities that helps boost low mood, reduce anxiety and improve physiological health. From reducing blood pressure to boosting our immune system, humour offers us a chance to relate and to find common ground with others, even in the toughest of circumstances.

There are many small desk calendars that offer wonderful daily jokes and humour, and they pack a great wellness punch for so little effort. Find one that best meets your particular funny bone taste. I'm awfully fond of Gary Larson's 'The Far Side' comic.

by
Jack MacNeill

MEd (Coun.Psych.), RCC, CVRP, RRP
President, humanworks