



FAMILY EDITION

Remote Working Success Kit

Ideas to Support Your Wellness, Work, and Family During Uncertain Times

The way we are working, eating, moving, and caring for our families has changed in an instant. It can be hard to balance all of these changes and continue taking care of your wellbeing. We know things are not going to be perfect, but this kit is designed to give you a helping hand. Inside you'll find tips, tools, and resources to lead you to success in your work and family life. It contains:

- ✓ Guide to good nutrition and cooking tips
- ✓ Ideas to keep your family physically active
- ✓ Ways to take care of yourself so you can care for your family
- ✓ Tips to keeping your family busy while you manage your workload

Use any or all of these kit items to support the culture of wellness in your homes; reach out to the Wellness Team with questions.

Good Nutrition

Food Availability

The closing of meat processing facilities and limited restaurant availability has caused disruptions in our food supply chain. Below are tips to keep you eating right when supplies might be limited.

Pantry Staples

- ✓ Dried or canned beans, peas, and lentils
- ✓ Canned or frozen fruits and vegetables
- ✓ Whole grain (brown rice, quinoa, oats, pasta, etc.)
- ✓ Canned chicken or seafood
- ✓ Nuts, seeds, and nut butters
- ✓ Frozen meats

Plan Meals from Your Pantry

- ✓ Use leftover meats and vegetables in soups, salads or sandwiches
- ✓ Freeze leftovers or perishable items you won't eat before they spoil
- ✓ Utilize canned and dried beans in place of meat options

Eat Plants

Eating more plant based food items can save your wallet and stress level as meat prices rise. Here are some tips to get you started.

- Start with going meat free one day each week
- [Fill your plate with vegetables, fruit, and whole grains first. Add only a small portion of meat](#)
- Build your meals around a salad
- [Enjoy fruit for dessert](#)
- Cultivate interest in plant based food by letting your family [help in the kitchen](#)
- [Try kid friendly plant based recipes](#)

In the Kitchen

While everyone is safe at home, you may have noticed an increase in snacking and homemade meals. Follow these tips to keep snacks healthy and make meal time more fun:

- [Set out 1-2 healthy snack options each day](#)
- [Prevent overeating](#) with snacking schedules, healthy eating throughout the day and keeping nutritious food in site
- If you are craving something sweet, reach for fruit or yogurt first
- For some crunch try air popped popcorn
- [More snack ideas](#)

Stay Active

Make it FUN for the Whole Family



Being physically active is not only good for your body, it can help relieve stress, promote good and restful sleep, and give you the boost of energy you need. Make activity a family priority with these ideas:

- **Add variety.** There are many different ways to move your body. Trying a new sport, going for a hike, or shooting hoops are just a few. Get creative and incorporate a game when you can.
- **Plant a garden.** It takes a lot of muscle to move dirt, water plants thoroughly, and keep weeds at bay. Plant fruits and vegetables for the added benefit of putting something nutritious to the menu.
- **Plan a time.** We all get busy with day to day life, so having a set routine for physical activity can help make sure your family keeps moving. Try adding in a dance party or tossing a ball every day after lunch or dinner to get started.

Resources

- [Help your kids be active](#)
- [Ideas to play indoors](#)
- [Videos kids can do on their own](#)
- [Tips to get started](#)
- [Stay active at home](#)
- [Make family time active time](#)
- [Activity pages](#)

Self-Care

Mental Well-Being

These are trying times for everyone, including the children in our lives. While you are supporting your own mental well-being, make sure to keep your family members in mind with these tips:

- Make time for children to express how they are feeling
- Listen to what they already know and help explain in a way they will understand
- Stay calm. Children will react to your emotions
- Take advantage of EAP or Wellness coaching
- [More tips](#)



Resources

- [Employee Assistance Program](#)
- [Helping Children Cope](#)
- [Managing Anxiety](#)
- [Progressive Muscle Relaxation](#)
- [Mindful Deep Breathing](#)
- [2 Minute Stress Relief](#)
- [Mindfulness Meditation](#)

Sleep

With constantly changing schedules and new daily routines, your sleep habits may be a little off. If you are having trouble getting enough restful sleep, check out these ideas:

- Set a daily schedule of when to wake-up, wind-down, and bedtime
- Let the sunlight in during the day and get outside when you can
- Reserve your bed for sleep. Avoid watching TV or checking emails while in bed.
- [More ideas](#)

Managing Your “Co-Workers”

It can be hard to navigate the work day with family members around constantly. Children are going to need your attention and you may find them or a pet present in a video conference whether they are invited or not. Here are some ways to manage your day and keep the kids busy this summer.

- Keep your calendar up to date. Be sure to include breaks/kid time and/or exercise breaks. Set boundaries at home and establish a system so everyone knows when you cannot be disturbed but also when they can expect your attention.
- Define chores and accountability for kids to contribute to a successful household. Plan a special outing or treat for follow-through. Allowing kids favorite activities for effort like extra TV or tablet time or an ice cream treat and park play time reduces the inevitable arguments!
- Include some learning/creative opportunities.
 - Set out paper and crayons and encourage children to make cards for family members, draw a plan for a new invention, or get creative on their own
 - Schedule physical activity breaks
 - Check out e-books from the [library](#)
- Schedule summer field trips (aim for at least one fun family activity each week).
 - [Nebraska Passport](#)
 - [Omaha Zoo](#)
 - [Do Space](#)
 - [Nebraska Trails](#)
- Check out more [tips](#) for working from home with your family around.

