

Happiness at Home

Rediscovering Joy at Home Challenge

TECHNOLOGY

Manage technology to stay engaged at home.

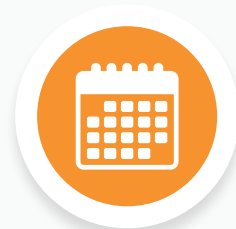
- Avoid multitasking
- Eliminate background media during social and/or household activities:
 - TV, computer, tablet, phone
- During household activities – give your full attention
 - Put phone on “Do Not Disturb”
 - Do not check social media sites or emails
 - Do not work
- Reduce technology interruptions by:
 - Creating set times to check work and personal email
 - Creating “screen-free zones” in home



ORGANIZATION

Organize your home to give you space and time to enjoy life’s pleasures.

- Declutter your home by discarding, donating, and reorganizing
- Create a “Home Calendar,” color code for each person and input commitments:
 - Appointments, scheduled events for work, school, committees, sports teams, other activities
 - Social events, family events, and holidays
- Create “Resource Sheet” with phone numbers and Apps
 - Doctors, carpool, neighbors, school, team members, etc.
- Organize your sleep environment to promote restful sleep



RECREATION

Make your home a place for fun, exercise, relaxation, and hobbies.

- Create a stretching and exercise area
- Plant a vegetable, herb and/or lower garden
- Create a hobby space
 - Crafts, workbench, sewing, painting, puzzles, other
- Find a hideaway for listening to music and reading
- Carve out a space for relaxation



RELATIONSHIPS

Stay connected to those in your household.

- Prepare and eat healthy meals together
- Share the household responsibilities
- Support each other by showing up for:
 - Sports, performances of any kind, work events, school events
- Volunteer together
- Create household traditions that engage the whole “family”
- Carve out time for each member of the household
- Practice truthful, respectful, and open communication
- Schedule family time on weekends

Rediscovering Joy at Home Challenge



My Pledge

I pledge to try different strategies to help me rediscover joy at home. I am committed to keep my home organized, to focus on relationships at home, to incorporate recreation at home, and to manage technology so that I can be Happy at Home and Live Well.

How the Challenge Works:

Jot down some adjustments in these 4 areas that you are willing to try so that you can be Happy at Home and LiveWell.



Organization



Relationships



Recreation



Technology

1. _____
2. _____
3. _____
4. _____
5. _____

1. _____
2. _____
3. _____
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1. _____
2. _____
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1. _____
2. _____
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4. _____
5. _____

Record your LiveWell activities:

Use a **check mark in the color-coded boxes** to record the days that you incorporated Organization, Relationships, Recreation, and Technology techniques to help you be Happy at Home and LiveWell. Use a **star** to record the days you improved your Happiness at Home.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>