

Happiness at Home

Introduction

Welcome to the Virtual Self-guided Wellness Exhibit **Happiness at Home**. This learning module contains 8 posters and takes approximately 10 minutes to complete.

Before you get started, print the **Passport to Happiness: Happiness at Home** which is on the next page of this Virtual Exhibit. Answer the questions on the Passport as you go through the Virtual Exhibit.



Passport to Happiness: Happiness at Home



Name: _____

Answer these questions as you go through the virtual educational exhibit to reinforce your learning.

Exhibit 1: Managing Stress at Home

One thing I can do to manage my stress at home is:

Exhibit 2: Sleep Environment

Two examples of improvements that I am willing to make in my sleep environment are: _____

Exhibit 3: Children And Sleep

According to the National Sleep Foundation Recommended Sleep Ranges for Children chart, my children get an adequate number of hours of sleep (circle the one that applies):

Rarely or never Occasionally Most of the time All of the time

Exhibit 4: Declutter Your Home

I am willing to do these things to declutter my home: _____

Exhibit 5: Stay in Synch with Your Household

I am willing to share these household responsibilities: _____

and to attend these events _____

to maintain relationships with my household.

Exhibit 6: Nurture Relationships at Home

I plan to do these activities to nurture my relationships at home: _____

Exhibit 7: Time-for-Me

What are you interested in doing during your 15 minutes of Time-for-Me in the areas of:

Connecting: _____

Fun: _____

Relaxation: _____

Physical Activity: _____

Exhibit 8: Meditation

Try this 5 Minute BBLISS Meditation. Write down how you felt after completing the meditation. Try to make time each day for brief meditation: _____

Exhibit 8: Increasing Physical Activity with the Family

Examples of fun activities that you are willing to propose and plan to increase physical activity with members of your household are: _____

Exhibit 9: Moderating Screen Time

I am willing to moderate screen time at home by implementing the following:

MANAGING STRESS AT HOME



Make home a place to rejuvenate and nurture yourself and household relationships.

- Create a supportive household culture.
- Spend quality time together each day.
- Cook healthy meals together and make it fun.
- Play and read with your kids.
- Develop hobbies that you can do at home.
- Carve out a space where you can go to relax.
- Create screen-free zones in the home.
- Get a good night's sleep.



HOME SLEEP ENVIRONMENT



A home where everyone gets quality sleep supports a happy home. Each bedroom needs to be an inviting place to sleep that is comfortable, dark, quiet, and free of distractions.

Bed: you spend 1/3 of your life in bed, invest in a good one.

Pillow: find the right pillow based on your sleep position. Back sleepers need thinner pillows, to prevent the head from being pushed too far forward. Side sleepers need a firmer pillow to fill in the distance between the ear and outside shoulder. Stomach sleepers benefit from a very thin, almost flat pillow.

Maintain temperature 60–68°F: during the winter, stay warm with winter PJs and duvet covers rather than the heat. During the summer, stay cool with light bed sheets, fans and light weight sleepwear.

Dark Room: keep your bedroom dark with window coverings designed to block out light, or wear a mask to ensure that the sun does not awaken you early.

Noise: minimize noise by ensuring that everyone in the house is respectful of being quiet during sleep hours, have earplugs available to block out noise.

Eliminate distractions: keep TVs, computers, tablets in other rooms so that you are not tempted to use them when you should be going to bed. Put your phone on the “Do Not Disturb” setting.



CHILDREN AND SLEEP



When Children Sleep Well, Everyone Sleeps Well

Important Sleep Practices to Implement for Children

- Determine the sleep needs of your child at each developmental age.
- Maintain a regular sleep schedule.
- Ensure that the bedroom has blinds that block out the light.
- Do not have any screens in your child's room at any age.
- Avoid food and beverages with sugar and caffeine starting in the late afternoon.
- Create a bedtime routine that fits with the child's developmental age.

National Sleep Foundation Recommended Sleep Ranges for Children



Newborns ages 0-3 months	14-17 hours a day
Infants ages 4-11 months:	12-15 hours a day
Toddlers 1-2 years old:	11-14 hours a day
Preschoolers 3-5 years old:	10-13 hours a day
School-age children 6-13 years old:	9-11 hours a day
Teenagers 14-17 years old:	8-10 hours a day



DECLUTTER YOUR HOME

Decluttering makes room for more joy at home.

Tips to Declutter...A Little Bit at a Time:

- Make a list of the areas that need attention.
- Start small...a single pile, drawer, closet, or storage space. Place into piles:
 - Things that belong somewhere else.
 - Things to throw away.
 - Things to give away.
 - Create a "maybe" box for things you're not ready to part with. Look again in 6 months.
- Clean out your refrigerator and pantry.
- Do the 12.12.12 Challenge.
 - 12 items to throw out
 - 12 items to donate
 - 12 items to put back where they belong
 - Do it again the next week

STAY IN SYNCH WITH YOUR HOUSEHOLD



Create a Master Calendar and Resource Sheet

Support each other by sharing household responsibilities and attending their performances and events.

Calendar

- School and work schedules
- Chore schedule
- Appointments
- Sport, performance, and club events
- Social gatherings
- Family time
- Holidays and planned vacations

Resource Sheet or App

with Contact Information for:

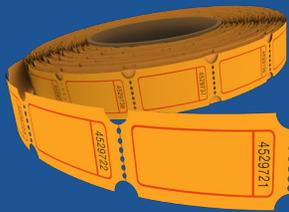
- Family members
- Carpool
- Neighbors
- School
- Friends
- Healthcare Providers
- Transportation

NURTURE RELATIONSHIPS AT HOME



There are many ways to keep relationships strong withing your household:

- Communicate openly with all those in your home.
- Have regular household meetings without technology.
- Plan, prepare, and share meals together several times a week.
- Share household responsibilities by making a chore list and rotating responsibilities.
- Keep a master “Home” calendar and show up to each other’s events.
- Take random vacation days and spend 1 day with each family member.
- Go to a movie, play, or sporting event as a household.
- Focus on togetherness by inviting family members to join in activities:
 - Let’s walk the dog together.
 - Let’s play a game.
 - Let’s read a book.
 - Let’s get some exercise together.



Live Well

TIME

There is still a little “me” in time

Time-for-Me



Time to Reconnect



Physical Activity

Fun Time



Time to Relax



TIME-FOR-ME

Personal time is easy to skip but just **15 minutes a day** will help you reduce stress, reconnect, and recharge. Time-for-Me is just as important as every other item on your “To-Do” list.

In 15 minutes a day, find time in one of these four areas:

- Time to Reconnect
- Time to Relax
- Fun Time
- Physical Activity

NOTE: Time-for-Me Activities do not include chores or doing things for others. It’s your 15 minutes. It’s just 15 minutes. The idea is to take a break from the busyness of life to recharge daily. The reward will be reduced stress, greater resilience, prevention of burnout, and increased happiness.





MEDITATION

Meditation is a proven practice that reduces stress, increases mindfulness, and improves well-being. Meditation can be done anywhere and for small increments of time.

5 Minute BBLISS Meditation

B - BODY

Bring your awareness into your body. Scan every part of your body from your feet up to your head and notice your sensations.

B - BREATH

Take three full, deep breaths. Fully inhale. Fully exhale. As you do, let go of what is old. Notice how the new breath comes back all by itself.

L - LISTEN OUT

Listen to and notice the sounds around you. Let your hearing become receptive, as if you are breathing in and out of your ears.

L - LISTEN IN

Listen internally to your thoughts and the stories you are telling yourself in the moment. Simply notice them, without judgment.

I - ACKNOWLEDGE THE "I" STORIES

Acknowledge the stories you are telling yourself. "I hear that I am telling myself (fill in your own story in the moment)."

S - SENSATIONS

Again without judgment, notice the sensations that happen in your body as a result of those stories. For instance, "My breathing gets more deep, my throat feels more open."

S - SENSE

Sense the life force pulsating through you, and recognize that you are alive. Name something you are grateful for.



INCREASING ACTIVITY WITH THE FAMILY

Infuse physical activity with family life and together everyone will experience the many health benefits of an increased activity level.

- Take a walk after dinner.
- Go on a family bike ride.
- Walk the dog together.
- Turn TV commercials into fitness breaks.
- Play active video games.
- If possible, walk or ride bikes to and from school with children.
- Play sports together:
 - tennis
 - racquetball
 - ping pong
 - baseball
- Find time to spend together doing a fun activity such as:
 - going to the park
 - swimming
 - hiking
- Walk or run for a charity.
- Plan active vacations.
- Go to the gym together.



MODERATING SCREEN TIME



Recapture the joy at home by helping people to interact more while moderating screen time.

- Create screen-free zones in the house.
- During family time — give your full attention.
 - Put phone on "Do Not Disturb."
 - Do not check social media sites or email.
 - Eliminate all background media: TV, computer, tablets.
- Turn off all devices during meals.
- Turn off all devices 30 minutes before bed and put devices in another room to charge overnight.



For Children

- Set a specific amount of time children are allowed to spend daily watching TV, playing video games, and using their phone and computer.
- Only allow screen time after homework and chores are completed.
- Do not use screen time as a reward because it will make technology seem more important to children.
- Encourage non-screen time activities.

Happiness at Home

Close

We hope you have enjoyed the Virtual Self-guided Wellness Exhibit **Happiness at Home**. Additionally, we hope that you learned more about stress-related health issues and how to take care of yourself so that you can be proactive during stressful periods. You are now ready for the **Happiness at Home Challenge** to put these practices into daily living.