

WORKING

YOUR ONLINE

Second Edition



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You Don't Need to be Bored

The Coronavirus has no doubt shaken the world and has brought us to a point where we can no longer engage in activities that used to make up our daily routines. Our lifestyles have been completely turned upside down, and we have found ourselves stuck at home for an unexpected amount of time.

Whether we are working, studying, or just lazing around, somehow the days just seem longer. So, what do we do now with all this time we have with, alone or with our families, unable to go out except for essentials? Surely we can use this time better

Let's take it as a break from the world! We get to be at home all the time and isn't that what we thought we wanted up till a month ago? We get to be around our family as much as we want, as many of us are discovering is not all it's cracked up to be! But hey, we can make the most of it, can't we?

So how about something to help you get through this time and not go insane? This might be the perfect book for you!

We have listed many ways to keep you and your loved ones entertained while you try to get through this lockdown, and just maybe reading this book could be the start of something great!



1) Make a Schedule

Maybe now is the time to consider our time management and blocking our time so we are not wasting this valuable time.

The first thing you should do is make a schedule. You don't want to have spent this time doing nothing productive and then ending up regretting it when it's over.

So start off by dividing your day into parts and make a tentative schedule that should include both productive and laze hours. Get good sleep, and then indulge in activities that make you happy, keep you healthy and add spice to your life.

2) Organize your Space

This is a great opportunity to get our life organized. Because cluttered and messy spaces can make us feel overwhelmed and lethargic.

If you are working or studying at home choose a spot and organize it like you would in an office space. A clean and orderly space will increase your productivity levels. Use the extra time you have been granted to declutter those spaces that you have been meaning to for ages such as wardrobes, drawers, kitchen, cupboards, spare rooms and a lot of other.



3) Stay Physically Active 4) Be Socially Connected

Physical activity is not just about keeping fit - it also keeps your energy levels high. With gyms closed, you can go for a walk or run in the neighborhood as long as you keep away from others and wear a mask. You can also work out at home as an option and much easier these days. There are exercise channels on TV and you can follow fun exercise or dance routines on YouTube to keep yourself fit.

In this day and age, I don't need to tell you to stay connected. Social media is probably everyone's go-to during this period of isolation. But if you usually find yourself overwhelmed by the number of texts, emails, and notifications, this might be a good time to reconnect with old friends, reply to unanswered texts and clear out your bulging inbox. Engaging with other people, in isolation elsewhere can be refreshing. Try an app like Houseparty that is taking the world by storm since the Corona Virus hit!