

## STAY PRODUCTIVE AMIDST PANDEMIC

*by:*

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The COVID-19 pandemic brought a lot of changes in our lives. In the old normal, we could do anything we wanted, but as the new normal arrived, everything has changed. Working from home may be a dream come true for many, but for some, it seems to be a distraction.

As a teacher who is used to the regular classroom setup, it is difficult to adjust to the work-from home setup. Here are some tips to stay productive during these trying times.

Get a morning routine. It's already our routine to use our phones as soon as we wake up. Going through all the notifications and checking our social media accounts, but that should not be it. Use the morning to focus on yourself. Have a cup of tea or coffee. Do some quick stretches or listen to favorite songs that will set one's mood. Spend time for self-care and meditation.

Clean one's space. Before going to bed, make sure that the workspace is mess-free to reduce distractions and help one feel relaxed. It is less work for the next day.

Make a to-do plan. Create a to-do list based on one's priority. Now that we are in distance learning, this is the most essential thing, preparing the things one must accomplish for the day, week, or month.

Take breaks. In order to be productive, one must also need to take a break. Don't let the guilt of working prevent from taking breaks to relax. Occasional breaks are the frame of productivity. One can take a coffee break, step outside for fresh air and sunlight,

grab healthy snacks, and do some stretches to prevent back pain. Breaks can help one recharge and clear one's mind.

Reduce social media consumption. Our phone is a goldmine of distractions; we spend a lot of time using our phone. Technology boosts one's productivity in some ways, but we should learn how to mute phones for unnecessary notifications.

Eat healthily. Having the right food will help one feel energized. Now that we are in the midst of a pandemic, we must be conscious of the food we eat. Eat more fruits, veggies, and nuts. Stay away from unhealthy foods like junk foods and sodas.

Stay in touch with loved ones. Now that gatherings are prohibited, it is difficult to be with our friends, colleagues, and family, but it doesn't mean that one can't keep in touch with them. There are ways to stay in touch with them, like video calls using social media accounts. One can contact them anytime and anywhere, just make sure to have an internet connection.

Dress up for oneself. We are living in a society where people are very judgmental. Don't allow other people to dictate what should be worn. Dress up for oneself. Be confident, put on some nice clothes, and start a day fresh.

These are just some tips to stay productive. Truly, it has become a challenge to stay productive in the work-from-home setup since the pandemic started. Always remember, now that we are in the midst of a pandemic that staying healthy, happy, optimistic, motivated, and hardworking will go a long way to become productive.

#### *References:*

Pescador, T. (2021, October 21). Lifestyle News. Retrieved January 10, 2022, from [www.iamexpat.nl](https://www.iamexpat.nl): <https://www.iamexpat.nl/lifestyle>