
SELF MANAGEMENT DURING HOMESCHOOLING

How I organize my work | Self-care | What I've learned

What I need to do the next day?

What I like to do, is to prepare a list of important tasks that I need to complete the next day. I usually do it before falling asleep the night before, just to wake up with clear mind the next morning. Sometimes I like to estimate which of my goals are the most important and which are less, just to make sure that I have the most valuable work done first. It gives me the feeling of safety and satisfaction, of course.

Self-care

It is especially important not to forget about your body and mental health during isolation.

EVENINGS

A tip of mine is going to bed about an hour earlier than I usually do. I spend this time reading, analyzing what I've done that day, how a certain situation made me feel, why I've reacted that way. This is the moment only for myself, time for deep reflections.

MORNINGS

For the first days of quarantine I used to play the piano, but right now I much more prefer running or doing tabata. It makes me feel fulfilled and I have so much energy for the upcoming day!

How I started?

I am deeply convinced that planing the day is a key to successful studying at home. Under the current conditions, when we are forced to stay at home it is easy to fall into the mood of watching TV series, sleeping and generally being lazy, or at least for me it felt like that at the beginning. After a few days where I've accomplished very little comparing to what I have planned, so I've finally decided to put some effort and take steps in order to stay more organized and successful with my work. Deep inside I missed the feeling of fulfillment, accomplishment which my everyday lifestyle provided.

Healthy lifestyle = organized mindset

Thanks to the fact that I live in the countryside I have the opportunity to work out every day. Right next to my house I have a big garden and private fields, so I am allowed to go there or run on a treadmill. I prefer to work out in the mornings, before online lessons start.

I am a big fan of running, so I am grateful for being able to do it every day, well, almost every day with my mom, who is a long-distance runner. At the beginning, I was running 5 kilometers every morning and then doing a 45 min yoga session with "Yoga with Adrienne". I enjoy following her Youtube tutorials, because, after each, I feel deeply relaxed and stretched. Now, as I train everyday, I am able to run 5/6 times a week about 8km and then I have a break, where I only do yoga for a day and the 7th day of the week is always Tabata workout.

First steps are always hard, but as the time goes on, we have to get used to new conditions. Nobody said it would be fun or easy, but it is our duty to motivate ourselves to keep going!



Life changing tips

I believe that we don't always need to take up drastic changes in order to achieve a goal. Small steps play more important role here. Here are a few of mine:

- I cut down the time I spent on social media to 30min per day
- I only check news when something really important is going on
- I practice learning languages through the platform iTalki where I have online lessons with native speakers from all around the world
- I never wear lazy clothes at home, I rather prefer dressing up like I do to school everyday, as well I do a light makeup and keep my hair done
- Never work till late night hours. My studying time is from 8 am to 3 pm and no longer!
- Always have a clean space around myself, I set the timer and clean every day before and after my work
- I don't let small failures let me down, I use them as a motivation to improve the next time!

Due to the fact that lessons start at 8, running in the morning about 8km requires waking up early, because it takes me 40/45 minutes to run and then 20 minutes of short stretching and shower sums up to about an hour and a half, but in the mornings I also have to prepare lunch for my mother to work and breakfast for my younger brothers so I need to wake up at 5.45 to complete it all.

♦In order to wake up this early, I go to sleep at 9.30 p.m.

As during quarantine, I am staying in my hometown I needed to take over some of my mother's duties, because both of my parents need to stay at work much longer than they usually do. As I already said, I have two younger brothers to take care of. Sometimes it is hard because I need to combine schoolwork with cooking, taking care of them, doing the cleaning and my sport activity of course.

I am a big fan of cooking, but we almost only eat vegan with my mom and my brothers eat fish twice a week, so I specialize in cooking this kind of food.



♦A healthy diet is definitely a priority for me and a key to success when it comes to doing this much,

so I decided to attach some photos of my meals from the last weeks. They are not super pretty, because I am not a master but the taste is amazing.

I hope I would be able to continue this kind of living for the next weeks of quarantine.

