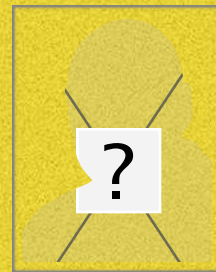


THE EXTRA POINT

BY JERRY ROBERTS



544 Borrowing From Normal Routines Can Help Us Now

What can we take from our regular routines and activities that can help us to cope better with our new normal life, dealing with the coronavirus? I'm Jerry Roberts and let's dig out a little strategy, next on The Extra Point.

It wasn't very long ago that our lives were so different. Can you remember getting up, getting ready, and getting yourself to work? Or is that already a fading memory?

Today marks two weeks since the governor's order to close non-essential businesses and other activities. If you find you're already losing track of time and the days seem to blend together, and the thought of this lasting many months is starting to make you a little crazy, maybe there's something in today's episode that will help a little.

1. Make out a written schedule for each day. If you want to go one day at a time that's fine, or put together a week in advance if you feel a little more ambitious.

Even if you're staying home you can still have appointments. How about 9AM, 15-minute workout. 10AM, make WhatsApp requests to friends and coworkers for video calls to check in with them. Noon, lunch with the family. 2PM, yard work. 4PM, skill building, and that could be something work related or maybe just fun. 6PM, family dinner. 8PM, a movie.

Okay, for some people that's a bit rigid and maybe they'll only go for two or three so-called appointments, and just take the rest of the day as it comes. For others who need more order in their life, having a schedule will help them to better get through the day.

Maybe all you need is a simple to-do list. Fine, go with that. In stressful times when news is not good and we may feel on edge, having a simple schedule or list of things to get done can help our mental state.

2. On the topic of mental condition, control your stress level and help others do the same. The longer we are sheltered together, for many more hours each day than we're used to, the greater the chance that disagreements will happen.

Now would be a good time to sit down as a family and discuss how to make sure things don't get out of hand. Relationships are going to be tested. Work out details ahead of time.

3. If you feel overwhelmed by all the virus news and you're sinking into worry, reach out to the person or people you would normally confide in. Don't be embarrassed. Everybody is going through the same thing and likely feeling the same way, and probably need to vent a little about now — or soon will. You'll be helping them while they're helping you.

If there is no one to talk with, I'm going to suggest you write down your feelings. Some people use a Google doc or some other app, and they find value in pounding the keyboard for a while. If you'd rather grab a pen to write in a journal, that's also a good way. The act of expressing your feelings has a health benefit to it.

One more thing on recording your thoughts and feelings. We're going through a time in the world's history that will be examined for as long as life exists on this planet. Future generations in your family will one day have interest in how you and their other ancestors lived through it. And if you don't like to write, make videos. It's all good.

That's The Extra Point. Stay home and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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