Balancing Act OR Is It A Three Ring Circus -- Break out Activity

Strategies to Enjoy Family, Reduce Stress

- Getting outside: walking, biking, gardening
- Exercise and exercise together: exercise buddies...accountabil-a-buddy
- Family game nights (dominoes, cards), movie nights with popcorn; games with college kids
- Eat more meals together, eat Sunday night dinner together, family chooses restaurant or two to support each other to get out,
- Take turns cooking dinner, baking, cooking
- Engage more in spouses work/day-to-day activity/chores, be supportive of each other, more respect for everyone’s responsibility, job(s)
- Rotate chores, having fun doing the chores you are doing
- Shut off the TV
- Sit by a fire at the end of the day to unwind
- Watch Good Morning America with husband drinking coffee
- Depends on age everyone is at
- Fly A Kite!

Tips to Streamline Everyday Routine

- Lists:
  - personal shoppers are great for sticking to the shopping list, really saves $, not purchasing the ‘off-list items’
  - Lists on whiteboards, dry erase board
  - Prioritize the list, pick what needs to be done first. Where to start: ‘how to eat an elephant, one bite at a time’
  - Be flexible: do not get hung up on the list, or get stress out about ‘the list’
  - Write one
  - Meal plan list
- Plan, have a schedule, set a goal every day, keep to it, set chores for specific day of the week (i.e. Monday – vacuum; Tuesday – Laundry, etc.)
- Have (family) meetings: talk about what needs to get done, everyone on the same page; does require speaking up and communication with each other, silence does not necessarily mean agreement
  - Have one family meeting together each day, it’s a great time to plan; regardless of the time of day this meal is head, timing does not matter, it’s the getting together that matters
  - Discuss days plan in the morning before the kids get up/chores
- Crockpot/Instapot
  - Meal Prep
- Set a goal for each day
- Pinterest
- Focus on what you can control
- Get outside once a day
- Stay Positive!
Technology Makes Life Easier

- Texting—as the go-to form of communication
- Audio books
- Crock pots/Instapots
- Robot vacuum, Roomba
- Freezers: freeze garden vegetables, meat, etc.; don’t have to can using a pressure cooker
- Hands free phone devices in the car or tractor
- Cell phones — cell phones in the tractor, txts, maps
- Google Maps — can’t exist without them; have to learn to trust the Google Map, or not, do need to be wise enough to know when to not trust the Google Map
- Google Calendar
- Labtop, computer, kindle
- Alexa
- ZOOM:
  - broadband that allows meetings like this: ability to increase access to out of state speakers, additional resources.
  - Seeing someone in personal space makes you feel closer to them
  - For 4H and to chat with friends
  - Exercise workouts
- Decent internet is simply amazing! Discovering things they did not know they could not live without.
- Apps, Apps, Apps
- Portable chargers
- Snapchat to see each other with long days in field
- Webinars
- Netflix/streaming service
- Social media and networking (aka venting)

Additional Comments (about Jess’s presentation):
- Remember to have fun! We all get so caught up in so many things that we forget to just have fun.
- Thank you, I enjoyed this time together
- Untethered Soul is a good book
- Person on the phone could hear Jess’s presentation ok, and can hear this breakout chat as well
- Edward “Inflation” hands
- Wear Fake Mustaches!
- JUST BE SILLY