

PANDEMIC HOUSE RULES

L U M E N[™]

Hygiene is important.

- Street shoes are taken off at the front door or in the garage.
- Wash your hands: Immediately every time you enter the house. Every time you prepare food, cough, sneeze, rub your face, blow your nose, go to the bathroom, think about the bathroom.... Basically, if you haven't washed them in a little while, wash them again. I promise they won't fall off from too much washing.
- Showers happen every day.
- We brush our teeth and floss twice a day (because not only is it a good idea and gross not to, but dentists won't see you unless it's an emergency).

Cleaning our space is as important as keeping yourself washed. We will all keep our own spaces clean and orderly. We will also help with cleaning common spaces as assigned each week.

Routine matters and is important for mental and emotional health:

- Use the alarm clock and get dressed every morning.
- Accomplish something right away each day. (Making your bed is a great start.)
- Meditation is required daily. If you are a mental ninja, plan for 20 minutes. If you aren't yet a zen master, start with 5 and work your way up.
- Everyone needs to write in their journals for at least five minutes a day. Trying times reveal inner truths and it's important to remember all the in between times.
- Reading each day is for a minimum of 30 minutes. This can also be accomplished through our family reading of the classics, so the littles get their reading time as well.
- Development goals are required for the short and the long-term. These can be personal and/or professional. We will hold each other accountable to the goals that are set and check in once a week on Mondays.

Everyone needs to get outside for at least 20 minutes a day. Nature heals.

Exercise needs to be at least 30 minutes a day. This can be running around in circles, dancing, biking, hiking (you have to be outdoors anyway so this could be combined), but the heart rate needs to go up and there should be some exertion.

Connecting with others in the outside world is important. This can be using video chat or calling or yelling from a balcony at the neighbor down the street or even writing a letter. Being social is part of what we all need- we just need to do it from a distance.

We eat together as a family every night. At dinner, we make sure that we are sticking to our routines. We share the plans for the next day and make sure we coordinate with each other's needs for quiet during work and school as well as needs for togetherness. Screens are off and we limit any screens after dinner.

While everyone is expected to regularly engage as a loving family, we all understand and respect the need for alone time. If you need to be left alone, please let everyone know your boundaries so that we can all get what we need. Don't get upset and take it personally if someone needs time alone time, just respect it.

Everyone is going to get grumpy -- it's ok. Own it, forgive it and move on...just don't make it a habit.

We are all here to love and support one another. We have the wonderful opportunity to grow stronger together as a family and as a community. Let's make the world a better place starting first at home and then helping others as we can. Being our best selves even in a social distance era is a light and beacon for others.

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