**Be Present Achieves**

**Video - What If by Reba McEntire**

Country star Reba McEntire remakes a hit from years ago to celebrate those working the front line in the pandemic. Check out the new release of *What If* here.

**Connecting with Nature - Robert Batemen wildlife artist and naturalist**

Connect in nature. Inspire our world - is the vision of the Bateman Foundation. Robert Bateman is amazing artist who offers FREE education videos, lessons plans and sketch guides to engage with the natural world. Resources to utilize for you, your family and other kids. Check out this short video from the founder Robert Bateman. Then go to the website Bateman Foundation to check out all the resources available.

**Quiz: Frazzled to Balanced - Where are you?**

As part of an article by Elizabeth Markle on *4 Ingredients for Human Well-Being* she lists Move, Connect, Nourish and Be as these critical ingredients. To take learning about these key ingredients to the next level - grab a pen and paper try rating each aspect. Rate each aspect on a scale from 1-10, with 1 being “I’m nowhere near meeting my goals for this,” and 10 being “I’m feeling great about this, and my behavior is totally aligned with my values.” Remember, the aim of this quiz isn’t to judge yourself—it’s simply to be honest about where you are, so you can make informed choices.

Also, as you do this personal wellbeing assessment for yourself, what do you notice? Which of these four practices do you incorporate effortlessly, as a part of your daily routine? Which ones might need a bit more attention, more practice, more cultivation?

1. **Where are you with your movement goals?** (1 on your scale might be “Um… What movement goals?” while 10 might be “I’m rocking my daily movement practice and feel great about it!”)

2. **How are you eating lately?** (1 being “Oh dear. Strictly gummy bears and soda for the past 2 weeks,” and 10 being “This is the healthiest I’ve ever eaten!”)

3. **How are you doing with connecting** and finding strength in a sense of community? (1 being, perhaps, “I’ve completely lost touch with the people who are important to me,” while 10 could be “I feel connected, nourished, supported, and uplifted in my connections.”)

4. **How well are you tuning in to your inner peace** and caring for your well-being? (1 being “Pause? No way, I don’t have time for that,” and 10 being “I am checking in with myself regularly and using the practices or habits that give me space just to be here for me.”)
Now, take a look at your results - Where are you today, and where would you like to be?

If your scores fall between 1 and 5: I would invite you to start first with compassion. This is a crazy time, and it makes so much sense that wellness practices are not the top of your list! Bring as much kindness, gentleness, forgiveness, and even humor as you can to this moment. Then, see where you can get curious. What would a small next step towards well-being be?

If your scores fall between 5 and 10: I invite you to take a moment to acknowledge and appreciate what you’ve been doing—in a pandemic, no less! Take a deep breath, give yourself a smile, and when you’re ready, get curious! What small step would take your well-being from good to great?

This time is an opportunity to get intentional. To choose, rather than to drift. As a bonus, try sharing your wellness assessment with a family member or friend. Share what’s true for you, ask about them, and see how you might provide some mutual support and accountability for your next steps.

** The Power of Purpose Reflection

Dr. Sheila Patel of the Chopra Center for Wellbeing offers insight in using this time to reflect on your purpose. She writes: “More important than anything else is connecting with that inner drive that keeps me moving forward, despite fatigue or the threat of illness — and that is purpose. Purpose is an integral pillar to well-being, during times of strife or calm…

In our current state of social distancing, it’s the perfect time to reflect on your life’s purpose by asking yourself three questions:

- What natural talents do I have?
- What brings me joy?
- And how can I use these talents to bring joy to others at this moment in time?

A good place to start is meditation. A regular meditation practice can help you discover your unique talents, whether it’s fixing things, making people laugh, cooking, or creating community, and using your talents to then help others will naturally help you find meaning and purpose in these challenging times."

Take Action: Spend a few minutes to write your thoughts on these three questions. As you are comfortable, invite a friend or colleague to do it as well and then share your thoughts together.

To read entire story by Dr. Patel - follow this link The Power of Purpose in a Time of Struggle

** Tips for Work Time and Personal Time

So many of our ISU Community is working at home during this time. One of the challenges is how to balance the work-personal times in your daily routine. Here are some tips that can
help. But keep in mind, especially now, that plans change, things happen and be kind and compassionate with yourself and those in your world.

**Have a starting work routine.** Mr. Rogers knew how to do transitions right. You don’t need to sing when you start work (unless you really want to), and you don’t need to switch sweaters. But you can have certain things that you do in the same way each morning — even if you work from home.

**Make a plan.** Have a plan for the day that includes meeting times, projects, even when you answer email. Include home needs into your plan and time to simply relax. Choose the time of day that’s best for you to make your daily plan and then put a recurring reminder in your calendar to prompt you to build the habit.

**Prioritize your communication.** It’s understandable that you may need to have some personal communication during work hours and some professional communication after hours. But try to keep work during work hours and personal for personal hours. This will keep your time invested in the right places but will also keep you mentally present in both your professional life and personal life.

**Set a wrap-up routine.** To help be off-the-clock, have a wrap-up routine that you start at least 30 minutes before you need to end work. Check emails and your task list to know that you have completed what’s essential. If you realize you will need to work later at night, decide on exactly what you will complete and when - set a time and time limit. You can mentally disconnect until later when the objective and the time frame are clear.

Elizabeth Grace Saunders wrote this article for the Harvard Business Review. These are highlights - you can read the entire How to Transition Between Work Time and Personal Time here.

**The Power of Empathy by Dr. Brene' Brown - VIDEO**

Many of us are feeling disconnected and overwhelmed as we continue to transition into new ways of work and life. This short Brene’ Brown animated video (less than 3 minutes), is a powerful reminder of the impact empathy can have on us and those around us. Check out The Power of Empathy video here. If you want to learn more about Brene' Brown and her work on empathy, leadership and other topics, check out Brene' Brown website here.

**Reflection**

One way to Be Present is to pause and reflect on how things are going for you in this changing environment. Take a few minutes and reflect on these questions that will help you take stock of what is going on right now and what you want to do about it.
What decisions do I have control of at this moment?

What is the best use of my time right now?

What can I accomplish in the next 15 minutes?

**Find the Silver Linings**

How often do you find yourself thinking of all the times that things do not go the way that YOU THINK they should have gone? In this activity - Finding Silver Linings you have an opportunity to think differently about those perceived mistakes and disappointments. This activity will help you to take time to reflect on a difficult situation and then identify those positive things that are a result of the ‘bright side’ of what happened. The complete details can be found at the Greater Good Science Center of UC Berkley.

**A Mindful Walk**

One simple way to Be Present in our current social distancing culture is to simply go outside and be with nature.

Take 10-15 minutes - turn off your phone and walk or find a place to sit. Be intentional and quiet and explore this time through your senses: hear the songs of birds; see squirrels or other animals running about; feel the sun and breeze on your face; touch the buds that are starting to pop out on trees and bushes.

Close your eyes and see what sounds you can hear that you didn’t before. Is there a train rattling through in the distance? Do you hear kids playing on the next street? Or is there an airplane flying over? Be still and take it all in.

Take a picture. If something grabs your attention – a specific bird or colorful flower – take a picture. Make it the background on your phone or computer as a reminder to Be Present.