

# LIFEBALANCE

*Embracing unexpected opportunities in unprecedented times.*



The Hines property at 1144 Fifteenth Street in Denver will glow with a pink heart display every night symbolizing a “positive message of love and hope” amid the COVID-19 pandemic. Photo courtesy of Hines.

*We're here for you!*

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**HAMMERSMITH®**

## Safer At Home

We hope you all are safe and well. One thing that we are missing is concerts. Many will be postponed, but some are unfortunately cancelled. Thankfully, many artists are streaming music online. AXS has hundreds of artists to listen to for free, in an easy-to-use library:

[AXS Livestream Library](#)

Why not use this time to learn something new? “The Science of Well-Being” is a free online course that is offered from Yale University through Coursera. More than 40 million people have taken this 10-week course designed to dig into the science of happiness and life:

[The Science of Well-Being](#)

Find your zen with these nature-inspired breathing exercises:

[Meditation Guide](#)

If you're tired of the news, but don't want to completely disconnect, The Skimm is what you've been missing. It's a daily email with a run-down of the news you need to know (i.e. skimmed for you!):

[Get The Skimm](#)



### WHY LIFEBALANCE?

Life Balance has always been one of our Core Values at Hammersmith®. Right now, your life may feel out of balance. For those who are either working from home or stuck at home, we thought it would be fun to share some ideas to keep you and your loved ones busy. During this time of unknowns and uncertainties, there is one thing that you can rely on—we are here for you!

1. Some Hammersmith® staff may be working from home, and our offices are closed to the public at this time. But, we are here for you at 303.980.0700 and [CommunityCare@eHammersmith.com](mailto:CommunityCare@eHammersmith.com).
2. Hammersmith Construction Services is taking precautions when working in your Community.

*Your home is our home, too. Managing Colorado Communities since 1981.*

# 4 Strategies to Keep Your Cool During Family Quarantine

**Feeling a little stressed by all the togetherness? Here's how to cope.**

By Lisa Milbrand | Real Simple Magazine | March 25, 2020

There was a lot of hype about the benefits of coronavirus social distancing. In addition to helping flatten the curve and avoid overwhelming our health care system, we'd have more quality time with our families, without all the rush and busyness. No more commutes, no more massive slate of extracurricular activities, no more outside social lives.

For many of us—at least if social media posts are to be believed—that's meant board game marathons, dance parties, and lots and lots of baking with our kids. But as with anything else, life as pictured on Instagram may be a little rosier than what we're actually experiencing in real life.

Maybe you're struggling to balance working from home with helping your kids home-school, or you've lost your job and you're wondering how you'll make ends meet—which has added huge stress to your life and your relationships. Maybe you've realized your family members aren't exactly pulling their weight in the chores

department, and by day eight (and the 18th load of dishes), you're grumbling at every half-drunk coffee cup or crumpled granola bar wrapper they leave in their wake. Or maybe trading in quality time for quantity time has led to plenty of bickering in between the idyllic pics of your epic Lego sessions and family dinners.

That's definitely to be expected, according to Dr. Justin Ross, clinical psychologist with UHealth. Even the healthiest relationships will be more prone to quibbles when you're in 24/7 lockdown. "We save our best and our worst selves for the people closest to us," Dr. Ross says. "With increased contact and less opportunity for activities outside the home we are prone to more variability in these extremes with our closest family members."

So how do you cope when all this togetherness is a little too much of a good thing? Try these tips to get things back on the right track.

## 1. Find your release valve.

You likely had some great self-care habits in place before you had to go into quarantine—yoga classes, drinks after work with friends, a little time to decompress before the family came home, or other activities that helped you blow off some steam instead of taking it out on your family. "With those options taken off the table, daily stress will build," Dr. Ross says. Find ways to approximate those activities, even if you have to get creative. Sign up for an online fitness class, catch up with friends over a video chat, or close the door to your bedroom and put on some noise-canceling headphones to approximate the peace and quiet of an empty house. That'll help you reduce your stress levels and better deal with everything that your family can dish out.

## 2. Think about the big picture.

[Click here to view the entire article.](#)

### DINING 'IN' FOR LIFE

Dining Out For Life is now 'In!'  
[Find out how you can participate on April 30.](#)

### BEACH VIBES

[Take a virtual tour of the world's best beaches.](#)

TODAY,  
CHOOSE TO  
DO MORE  
OF WHAT  
YOU LOVE

### SLOW DOWN

Enjoy this rare down-time by yourself or with loved ones.

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