



FOR PETE'S SAKE, MAKE MEMORIES!

We respond to the mental health, emotional well-being and psycho-social needs of the under-served young adult cancer patient population, their caregivers and their children. For families in the FPS program, we offer two ways to support these needs separate from our respite travel program.

First, we offer a FPS Staycation Package to families nominated to our respite program, but are unable to travel because of an unexpected deterioration in health. This package offers resources for the family to **Take a Break at Home** and spend some time together creating special moments that become priceless, treasured memories. Second, we offer support once a family comes home that lasts well beyond the initial respite. This support includes monthly gatherings and personal outreach, mini take-a-breaks with other families, newsletters, nutrition and self-care information, and other dedicated resources to engage families in crisis! We help create memorable moments for these families in crisis.

We invite your family to be a part of ours, so For Pete's Sake, let's enjoy some memorable moments with our loved ones. Get ready to be creative, play and have fun spending some time together, creating special moments that become priceless, treasured memories in our *For Pete's Sake, Make Memories! Productivity for All* package!

MAKE MEMORIES: PRODUCTIVITY FOR ALL

Defn: Productivity

/prō,dək'tivədē/

noun

the state or quality of producing something.

- the effectiveness of productive effort, especially in industry, as measured in terms of the rate of output per unit of input.

Don't forget to post your For Pete's Sake, Make Memories! Productivity for All success and tag @takeabreakfromcancer. #forpetessakemakememories

1. CREATE ROUTINE

For many, the unknown is what causes fear. When children, adults as well, have a routine, they know the expectations and what's to come. This helps create comfort, peace, and safety. Routines have many benefits!

To learn more about the benefits of routines, read the following articles:

- <https://www.petitjourney.com.au/10-reasons-a-daily-routine-is-important-for-your-child-and-how-to-set-one/>
- <https://raisingchildren.net.au/grown-ups/family-life/routines-rituals-relationships/family-routines>
- <https://www.nspt4kids.com/parenting/benefits-routines-children/>
- <https://www.pbs.org/wholechild/providers/little.html>
- <https://www.healthychildren.org/English/family-life/family-dynamics/Pages/The-Importance-of-Family-Routines.aspx>

SUGGESTED ROUTINES

Meal plan and prep each week.



Wake up at the same time each weekday.



Set a time for daily quiet or alone time.



Eat breakfast every morning.



Set a nightly bedtime.



Set hourly movement alarms.



2. CREATE YOUR SPACE

When you work in a space that is pleasing to the eye, organized, and inviting, you are bound to be more productive. Everyone, children included, need a space where they can thrive. Whether it's just you working at home, or your entire family, take time to create a space where you can each be productive while you work.

1. DESIGNATE YOUR SPACE.

Choose a space that you don't associate with comfort. You can still work comfortably, but you want to keep your cozy spot as your *cozy spot*. Working by a window is a great option!

2. ORGANIZE AND DECLUTTER.

Once you have a work space, be sure to clean the area. Get rid of whatever might distract you and items you won't need for work or school. Organize your needed supplies.

3. INSPIRE & PERSONALIZE.

Most of your time during the week is spent working, so make your space pleasing to be in and look at. Hang a few pictures that make you smile. Put up an inspirational quote. Set out fresh flowers or a friendly houseplant.

4. TIDY UP & WALK AWAY.

Tidy up your space at the end of each day. You still live where you work, so make it look clean and livable. Walk away and *leave your work at work*. Create boundaries so home life isn't consumed by work life.

3. TAKE A BREAK (IT'S OKAY.)

Tony Schwartz, founder of The Energy Project, suggests taking short breaks every 90 minutes. This includes taking water breaks, walks, or eating a healthy snack. Rather than drinking coffee, energy drinks, or other sugary options, fill your body with good fuel. Check out For Pete's Sake, Make Memories! Keep Active to learn healthy break options.

<http://takeabreakfromcancer.org/wp-content/uploads/2020/03/keep-active-fps-make-memories.pdf>

4. STAY HYDRATED

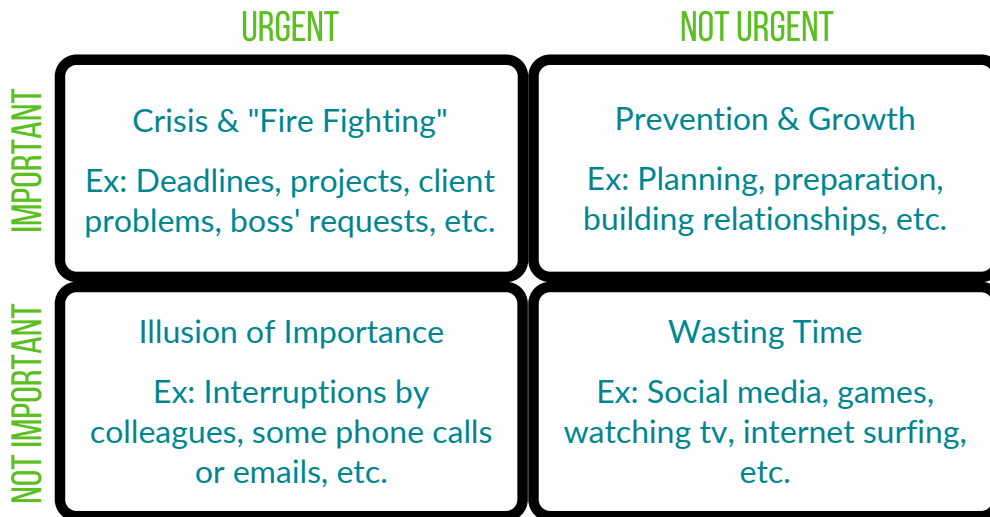
Staying hydrated is vital to maintaining bodily functions of every system in your body. It helps increase blood flow and oxygen to the brain, improves concentration, and balances your mood and emotions.

<http://www.health.harvard.edu/staying-healthy/the-importance-of-staying-hydrate>

5. PRIORITIZE

Start each morning with prioritizing your tasks for the day and/or week. Whether that's a project for work, schoolwork, or what needs to get done around the house, decide which task takes precedent. Try using the matrix shown below to help figure out what tasks should be accomplished first.

THE EISENHOWER MATRIX



<https://timewiser.com/blog/eisenhower-matrix-productivity-at-work/>

6. MUSIC FOR YOUR MOOD



Music is an universal language we all understand and connect with from an early age. It has the ability to heal and express how we feel; sometimes without us even realizing it. While working, music can keep you alert with an upbeat song, or can help you focus with a calm, soothing melody. Choose whatever music motivates you! (If it distracts you, turn it off.) If you need some musical inspiration, check out our FPS Travel curated playlist on Spotify.

THE GREATEST PLAYLIST OF ALL TIME

https://open.spotify.com/playlist/7xZwppOegp4w3rD1cbOi1R?si=vf0KO3AeRR2v3js7r_U8bw

7. AVOID MULTITASKING

Many studies have shown that multitasking does not help productivity. According to the American Psychological Association, psychologist have found that the mind and brain were not designed for heavy-duty multitasking. Do your best to focus on one task at a time and see it through until the end.

<https://www.apa.org/research/action/multitask>

8. SET BOUNDARIES

- Accepting more when your *plate is already full* takes you away from accomplishing tasks you've already started. It's okay to say no. Let others know what you are and aren't able to help with; communication is key.
- When working from home with others around, be mindful and communicate clearly what you all need to be productive during work hours. Don't take it personal if someone doesn't want to work in the same space as you.
- When the work day is done, be done. Separate your work life and personal life.
- Take your lunch and do NOT work. Use that time to step away and fuel your body with goodness. This is a great opportunity to invite whoever you live with to join you for a meal to make memories together.

9. TAKE A BREAK FROM SCROLLING

Scrolling through social media, news feeds, blogs, and other online platforms can be informative, entertaining, encouraging, and can connect us to one another. However, unless your job revolves around using your phone, put it down and save your scrolling for later. Try turning off your app notifications on your phone to help prevent any distractions.

WHEN WORK IS DONE CHECK US OUT:



10. GET ENOUGH SLEEP

According to the American Sleep Association, sleep is needed to survive and has an enormous effect on our health. Waking up well rested and refreshed does wonders! For more information on the importance of sleep and resources to help with better sleep, visit: <https://www.sleepassociation.org/>

RECOMMENDED HOURS OF SLEEP

Infants 4-12 months: 12-16 hours (including naps)

Child 1-2 year old: 11-14 hours (including naps)

Child 3-5 years old: 10-13 hours (including naps)

Child 6-12 years old: 9-12 hours

Teen: 8-10 hours

Adult: 7-9 hours