

# Tips

## OCTOBER IS EAT BETTER, EAT TOGETHER MONTH

Try sending our CORE Solutions Tips of the Week to your employees for quick, easily digestible health and well-being tidbits they can incorporate into their daily lives.

– Your CORE Solutions Team



**Let it be.** Suddenly being in charge of every aspect of your family's life - work, school, activities, personal wellness, enrichment, stimulation, nutrition and so on - is a lot of responsibility. Don't pressure yourself to make the best family dinner ever.



**Keep a routine.** One reason family meals can be so valuable in times like these is that they provide an automatic sense of ritual. So do your best to make at least one mealtime per day a predictable, scheduled event. Find a way to transition into the meal that everyone recognizes. Maybe you turn on some music, and that's the cue for family members to set the table. Or maybe you invite everyone into the kitchen to start helping with food prep. Whatever you choose, helping family members transition to the table (or the counter, or backyard picnic table) can provide a sense of structure in the day.



**Allow feelings.** We all want to be positive and stay upbeat in the face of adversity. Being resilient sets a great example for our kids, and helps adults manage day-to-day anxieties as well. But there's no denying that being stuck at home during a very concerning world health crisis comes with a lot of stress. Whether your family is dealing with run-of-the-mill disappointments like cancelled parties and missed playdates, or more urgent concerns like layoffs or illness, it's okay to acknowledge everyone's emotions. The key is channeling those feelings so they don't take over. Sometimes getting it all out there helps



**Enjoy it when you can.** You don't need to strive to love every minute of every meal right now. But don't forget to introduce a little fun on the days when you feel up to it. This is a great job to delegate to kids — make them the "Fun squad!" Ask them to put together a family fun kit for mealtimes. They can add simple card games, trivia questions or board games to a basket so you're ready to play while you eat. Or let them choose a movie for a family Dinner and a Movie night, or a book to read together during meals. Almost anything goes, as long as it's something that you can all enjoy doing together while you eat.