

Making the Most of Your Time Away from Work



1. Spend more time with your family

How often do we tell ourselves we wish we had more time to spend with our families? If you find yourself on furlough, this is a great time to spend quality time with your family. Have family dinners, take walks or bike rides together, bake cookies, watch movies from when you were a kid, set puzzles...enjoy this time together!



2. Tackle household tasks you've been putting off

Use your time off from work to take care of projects that have been on your to-do list. Organize your closets, paint the living room, plant a garden, change your furnace filters and smoke detector batteries, or clean out the garage. You'll love the sense of accomplishment it brings and — keeping up on household maintenance will save you money in the long run too.



3. Go through your finances and bills

Use this time to examine all of your monthly bills, subscriptions, stocks, retirement accounts, etc. This is a great time to really do a deep dive into your financials and make adjustments and then set a new budget. While you're at it, make a plan to contact one company per day to try to renegotiate your monthly bills (cable, satellite, cell phone, car insurance, etc). Most companies will offer monthly discounts or bill reductions to customers if they call and ask.



4. Update your information on professional websites

Use your time off to update your professional documents, and online presence. Most of us forget about our LinkedIn profiles. This is a great time to update all of that information and make it shine.



5. Follow up with friends

We all get busy with work, family, and other commitments and have friends we have lost touch with. Use this time to re-connect with friends you haven't talked to in a while. Make a list of people you miss and would like to reconnect with and reach out to them. In stressful times, it's beneficial to have a strong support network.

6. Start an exercise routine



How often do we tell ourselves that we would exercise more if we had more time? Use this new found time to start an exercise routine and make it a habit that you can keep even when you go back to work. Exercising everyday will not only make you feel better, but a healthy body can mean less healthcare expenses down the road.



7. Cook and Bake

This is a great time to learn how to cook or to start stocking your freezer with meals you can heat and serve when you go back to work. Think of how great it will feel to have a freezer full of ready-to-go meals when you're back in a hectic work schedule.