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Pandemic Adaptations That Could Benefit Us for the Long Term

The COVID pandemic has transformed the everyday routines of most Americans. While there have certainly been inconveniences added and comforts stripped away, not all of the changes have been negative.

Actually, some of the adaptations we've had to make might prove beneficial to our lives if we keep them intact in the future. Below, [Dr. Deborah Haskins](#) discusses which pandemic-related changes could improve our health, wellbeing, and overall quality of life.

Changing Careers

The pandemic has transformed the business and workforce landscapes. Even though we live in a time of economic uncertainty, this could actually be the perfect time to make a career change. This could mean keeping your job and asking for a more flexible schedule or remote work opportunities. It could mean pursuing a different job within your current industry. Or you could go all-in and start your own business.

Being a business owner can be [thoroughly rewarding](#) and give you more control of your destiny. If you choose to go this route, start preparing early so that you can tackle all of the logistics to lay a solid foundation for your company.

For example, by forming an LLC, you can protect yourself from liability, receive certain tax advantages, and have more flexibility in how you manage your entity. Work with a formation service like [zenbusiness.com](#) to save time and ensure you comply with state requirements.

Starting a Hobby

After more than a year and a half of spending more time at home, you might have experienced your fair share of boredom or feeling unproductive. More and more people have been picking up hobbies to stay productive, entertained, and educated. And there are countless hobbies worth exploring, with cooking, writing, woodworking, [gardening](#), and painting being a few of them. Find an activity that helps you unwind from your daily obligations and enjoy the moment.

Embracing the At-Home Life

Speaking of spending more time at home, it appears that this is going to stick for the foreseeable future. Why not make the most of it? Think about how you can turn your home into an environment that fosters your health, wellbeing, and relationships. Take the [weekend](#) to deep-clean your home and develop a regular cleaning routine to keep it organized and healthy. You might also create a patio or backyard playspace that facilitates fun, relaxing, and safe activities for your family.

Also, consider making a space in your home for exercising. There are plenty of at-home workouts that you can access for free online, including HIIT, yoga, and [other types](#) of exercise that require minimal equipment.

Heading Outdoors

Along with creating an outdoor space at home, think of other ways you can spend more time in the sunshine. Plan hiking or camping trips on the weekend. Explore wooded areas near your home, or go for a picnic in the local park. And consider investing in bicycles for the family, or make time for outdoor activities in the [backyard](#) like birdwatching and art projects.

Buying Local

The pandemic has been more than difficult for small businesses throughout the country. That's why it is now more important than ever to support your local businesses. When possible, buy local products and services. Frequent neighborhood restaurants, farmer's markets, and coffee shops. Enlist the services of local accountants and marketing agencies for your new business, as well as personal services from local massage therapists, [counselors](#), and hairstylists.

Advocating for Your Community

Finally, figure out ways that you can invest in your community. The pandemic has disproportionately impacted communities of color and highlighted the inequities that exist among the marginalized. People of color across the country are dealing with significant grief, loss, and economic challenges, and supporting advocacy through local organizations is an excellent way to make a difference in the lives of your neighbors.

Yes, the pandemic has been hard. But it has also presented opportunities to incorporate new routines that can improve our health, wellbeing, and quality of life. Along with considering the advice above, keep looking for other adaptations you can make that can prove beneficial for years to come.

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