

# Bucket Fillers

## News to Fill Your Bucket

April 29, 2020

### How full is your bucket today?

When's the last time you did a self-bucket check? If you slow down for a minute and reflect, how full is your bucket today? Be honest with yourself. We're experiencing strange times right now. Educating our kids while they're home from school, caring for others, and struggling with isolation can dip in our buckets. Keeping up with trying to work from home, working outside the home at an essential business, or even suffering a job loss right now can dip in our buckets even more. It's a LOT to handle. If nobody else says it, I want to tell you that . . .



### YOU ARE DOING AN AWESOME JOB!

We're all stressed trying to make this 'new normal' work in our daily lives. These stressors dip in our buckets and we can't fill from an empty bucket. I've seen various check-lists on the internet about ways to help your daily well-being during isolation. Here are some daily bucketfilling ideas that might help you during this time:

- Take a shower. Maybe even carve out some time to get in a bubble bath.
- Eat healthy. This isn't the easiest some days but balance is the key. Eat that piece of chocolate if you want to!
- Drink water. Our adult bodies are 60% water, which is the main component of cells, tissues, and organs.
- Get your heart rate up. This sounds SO much better than exercise! It doesn't have to be boring. You can go for a bike ride, walk around your neighborhood, or even play some soccer as a family in the yard.
- Get enough sleep. Our adult bodies need 7-9 hours of sleep, which helps strengthen our immune systems, improve our memory, and give us more energy.
- Clean one thing. It can be something small like matching all the lids to your storage containers or washing one window. It doesn't have to be as daunting as organizing your child's entire Lego collection.
- Reach out to one person outside your home. You can call or video chat with a

family member, friend, or colleague to catch-up with them.

- Write down one thing you're grateful for. You can write this in a notebook or put it on a sticky note on your refrigerator so you can look at it throughout the day.
- Do one thing to fill your own bucket. This has to be something just for YOU. You could listen to your favorite song, do a puzzle, or spend some quiet time in prayer. You could read a new book, study a new language, or learn a new craft (there are lots of great videos online for this). Maybe you could even take a nap!
- Do one thing to fill someone else's bucket. It doesn't have to take much time or cost much money. You could bake bread for a neighbor or mail a gift card to a friend that's out-of-work. You could even offer to do grocery shopping for someone that's at-risk.

Don't feel like you have to do all these items every day. Start with one thing if that's all you can do right now. These ideas are meant as suggestions to help you keep a full bucket. Remember . . . you're doing great! Celebrate your daily successes and victories, no matter how small. And, as always, be a bucket filler in ALL you do!

Stay safe, healthy, and keep filling buckets!

*Caryn*

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