

# 4 Step Plan to Surviving Quarantine

## *The Engineer Edition*

In our fast-paced society, it's inevitable that being stuck at home can feel draining and lonely. But maintaining creativity and passions isn't challenging, it just requires a bit of creativity.

Here are 4 ways to stay motivated and innovative while working from home.

1

### Maintain a Daily Schedule



The key to sustaining energy and motivation throughout long periods of isolation and uncertainty is to implement a daily routine that keeps you busy and occupied throughout the entire day. Scheduling specific tasks to be completed at certain times can help keep your body focused and your mind from wandering towards fear.

2

### Communicate with Others



Social distancing does not mean zero socialization. During these challenging times, it is important to utilize technology in order to maintain consistent communication with people close to you, whether that be family, friends and even coworkers. Maintaining regular communication with those around you can help alleviate the isolation and loneliness often felt from quarantine and help keep your mind engaged.

3

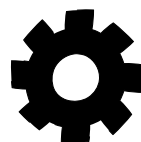
### Join Virtual Engineering Groups



Being apart from other engineers can make it challenging to stay motivated and creative. Joining online engineering groups can be a great way to interact with engineers across the globe and share experiences and ideas while also learning as well. Additionally, these platforms provide engineers a way to engage with likeminded people and reduce the effects of feeling isolated and unmotivated.

4

### Tackle Side Projects



The lockdown is a perfect time to tackle those side hobbies and engineering products you could only dream of doing a couple months ago. With increased time on our hands, one of the best ways to continue innovating and building up your skills is to try your hand at learning something new. Whether you've always wanted to learn a new coding language, build a small robotic machine, or simply take some time and learn how things work, utilize the downtime you have to keep fueling your passions and creativity.