

Entertain the little ones: Download the mumsRu colouring book

[Coloring Bookk](#)

How to survive the lonely homeoffice time

Working from home can be a real challenge. Here are some ideas on how to survive the homeoffice time...

1. Get started early.

When working in an office, your morning commute can help you wake up and feel ready to work by the time you get to your desk. At home, however, the transition from your pillow to your computer can be much more jarring.

Believe it or not, one way to work from home productively is to dive into your to-do list as soon as you wake up. Simply getting a project *started* first thing in the morning can be the key to making progress on it gradually throughout the day. Otherwise, you'll prolong breakfast and let the morning sluggishness wear away your motivation.

2. Pretend like you *are* going into the office.

The mental association you make between work and an office can make you more productive, and there's no reason that feeling should be lost when telecommuting.

When working from home, do all the things you'd do to prepare for an office role: Set your alarm, make (or go get) coffee, and wear nice clothes. Internet browsers like Google Chrome even allow you to set up multiple accounts with different toolbars on the top – for example, a toolbar for home and a separate toolbar for work.

3. Structure your day like you would in the office.

When working from home, you're your own personal manager. Without things like an in-person meeting schedule to break up your day, you can be quick to lose focus or burn out.

To stay on schedule, segment what you'll do and *when* over the course of the day. If you have an online calendar, create personal events and reminders that tell you when to shift gears and start on new tasks. Google Calendar makes this easy.

4. Choose a dedicated work space.

Just because you're not working at an office doesn't mean you can't, well, have an office. Rather than cooping yourself up in your room or on the couch – spaces that are associated with leisure time – dedicate a specific room or surface in your home to work.

5. Don't stay at home.

Is your home office just not getting it done for you? Take telecommuting a step further and get out of the house. Coffee

shops, libraries, public lounges, and similar Wi-Fi-enabled spaces can help you simulate the energy of an office so you can stay productive even when you don't sit in an official workplace.

6. Make it harder for yourself to mess around on social media.

Social media is designed to make it easy for you to open and browse quickly. At work, though, this convenience can be the detriment of your productivity.

To counteract your social networks' ease of use during work hours, remove them from your browser shortcuts and, according to Fast Company, log out of every account. You might even consider working primarily in a private or, if you're using Chrome, an "Incognito" browser window. This ensures you stay signed out of all your accounts and each web search you conduct doesn't autocomplete the word you're typing. It's a guarantee that you won't be tempted into taking too many social breaks during the day.

7. Commit to doing more.

Projects always take longer than you initially think they will. For that reason, you'll frequently get done less than you set out to do. So, just as you're encouraged to overestimate how much time you'll spend doing one thing, you should also overestimate how many things you'll do during the day. Even if you come up short of your goal, you'll still come out of that day with a solid list of tasks filed under 'complete.'

8. Work when you're at your most productive.

Nobody sprints through their work from morning to evening – your motivation will naturally ebb and flow throughout the day. When you're working from home, however, it's all the more important to know when those ebbs and flows will take place and plan your schedule around it.

To capitalize on your most productive periods, save your harder tasks for when you know you'll be in the right headspace for them. Use slower points of the day to knock out the easier, logistical tasks that are also on your plate. Verily Magazine calls these tasks “small acts of success,” and they can help build your momentum for the heavier projects that are waiting for you later on.

9. Save calls for the afternoon.

Sometimes, I'm so tired in the morning, I don't even want to hear my own voice – let alone talk to others with it. You shouldn't have to give yourself too much time to become productive in the morning, but you *can* give yourself some extra time before working directly with others.

If you're struggling to come up with a reasonable work schedule for yourself as a telecommuter, start with the solitary tasks in the morning. Save phone calls, meetings, and other collaborative work for when you've officially “woken up.”

10. Focus on one distraction ... like a

baby!

There's an expression out there that says, "if you want something done, ask a busy person."

The bizarre but true rule of productivity is that the busier you are, the more you'll actually do. It's like Newton's law of inertia: If you're in motion, you'll stay in motion. If you're at rest, you'll stay at rest. And busy people are in fast-enough motion that they have the momentum to complete anything that comes across their desk.

Unfortunately, it's hard to find things to help you reach that level of busyness when you're at home – your motivation can just swing so easily. HubSpot's principal marketing manager, Pam Vaughan, suggests focusing in on something that maintains your rhythm (in her case, it's her daughter).

11. Plan out what you'll be working on ahead of time.

Spending time figuring out what you'll do today can take away from actually doing those things. And, you'll have planned your task list so recently that you can be tempted to change your schedule on the fly.

It's important to let your agenda change if you need it to, but it's equally as important to commit to an agenda that outlines every assignment before you begin. Try solidifying your schedule the day before, making it feel more official when you wake up the next day to get started on it.

12. Use technology to stay connected.

Working from home might help you focus on your work in the short term, but it can also make you feel cut off the larger operation happening in the office. Instant messaging and videoconferencing tools can make it easy to check in with coworkers and remind you how your work is contributing to the big picture.

13. Match your music to the task at hand.

During the week, music is the soundtrack to your career (cheesy, but admit it, it's true). And at work, the best playlists are diverse playlists – you can listen to music that matches the energy of the project you're working on. Video game soundtracks are excellent at this. In the game itself, this lyric-free music is designed to help you focus; it only makes sense that it would help you focus on your work as well.

Want some other genres? Take them from startup marketer, Ginny Mineo, who offers her own work music preferences below.

14. Use laundry as a work timer.

You might have heard listening to just two or three songs in the shower can help you save water. And it's true; hearing a few of your favorite songs start and end, one after another, can remind you how long you've been in the bathroom and shorten your wash time.

Why bring this up? Because the same general principle can help you stay on task when working from home. But instead of three songs off your music playlist, run your laundry instead.

Doing your laundry is a built-in timer for your home. So, use

the time to start and finish something from your to-do list before changing the load. Committing to one assignment during the wash cycle and another during the dry cycle can train you to work smarter on tasks that you might technically have all day to tinker with.

15. Communicate expectations with anyone who will be home with you.

Of course, you might be working from home but still have “company.” Make sure any roommates, siblings, parents, spouses, and dogs (well, maybe not dogs) respect your space during work hours. Just because you’re working from home doesn’t mean you’re home.

16. Take clear breaks.

It can be so easy to get distracted as a telecommuter that you avoid breaks altogether. Don’t let the guilt of working in the building you sleep in prevent you from taking five to relax. Rather than just opening YouTube and watching some comfort clips, however, use your breaks to get away from your desk. Go for a walk outside or spend time with others who might also be in the house.

17. Interact with other humans.

Remember: You’re working from home, not the moon. Interacting with other people during the day is allowed, even if they’re not your coworkers. In fact, it’s a good idea to see another face during the day when most of your work day is solitary.

18. Prepare your meals the night before.

When you're in your own home, it can be tempting to spend time preparing a really nice breakfast and lunch for yourself, chopping and cooking included. Don't use precious minutes making your food the day of work – cook it the night before.

Preparing food ahead of time ensures you can actually use your meal times to eat, and that you aren't performing non-work tasks that spend energy better used at your desk.

19. Pick a definitive finishing time each day.

You might be under the impression that working from home establishes more work-life balance, but be careful with that assumption. Working from home can also feel like being at a casino – you can get so caught up in your activity, in a relaxing environment, that you lose complete track of time.

Hustler Club Free Food During

Virus Shutdown ... But No Lap Dances!!!

[Larry Flynt](#)'s Hustler Club in Vegas is still serving customers during the 30-day "stay home" order – but strictly from its kitchen.

Yes, the only people coming to the stage at the strip joint will be the chefs, according to its honchos ... who tell us the kitchen will be open for those in need of food assistance in the Las Vegas valley.

Nevada governor **Steve Sisolak** announced a statewide closure earlier this week of all non-essential businesses, urging residents to stay inside to avoid contracting the virus. Businesses that serve food and provide delivery, drive-thru, pick-up or curbside service can stay open.

We're told the Hustler Club's looking out for seniors, too – they'll deliver the free food to people who are at least 60 years old, while curbside pickup is available for everyone else.

The free meal service is being offered daily from noon to 6 PM while supplies last.

We know strip clubs **ain't known for** their grub, it's true, but in these times ... nothing wrong with a free chicken breast.

Kenny Rogers Last Deal, Gambler ... Dead at 81

Country music legend **Kenny Rogers** died Friday evening at his home, surrounded by his family.

Kenny was under hospice care at the time of his passing ... according to a rep for the singer, who also says Kenny died of natural causes.

The Country Music Hall of Famer was known for his impressive string of hits that crossed over to top 40 pop hit radio. The

biggest of his 60-year career include, "The Gambler," "Coward of the County," "Lucille," "Lady" and his #1 duet with **Dolly Parton**, "Islands in the Stream."

Kenny Rogers suffered from serious health issues

Kenny has had serious health issues in the past. Back in 2018, he had to cancel the remaining dates of his 'Gambler's Last Deal' farewell tour due to unspecified "health challenges." When he was forced to cancel, Kenny joked, "I didn't want to take forever to retire."

The iconic singer was born and raised in Houston, and was the 4th of 8 children. He has 5 kids of his own, and got married 5 different times. Kenny was inducted into the Country Music Hall of Fame in 2013, and in 2017 he was inducted into the Texas Country Music Hall of Fame. He's also won 13 American Music Awards, 6 CMAs, and 3 Grammy awards ... 2 of them for Best Male Country Vocal Performance.

In addition to his sterling career on the mic, Kenny also dabbled in acting, appearing in movies and on TV. Some of his notable acting credits include the title role in "Kenny Rogers as The Gambler" and an awesome guest-starring spot on "The Muppet Show."

Rogers was also a very successful businessman, who co-founded the restaurant chain Kenny Rogers Roasters. So, yes ... somewhere in the darkness, the Gambler broke way more than even.

Kenny was 81.

RIP

TMZ

Idris Elba Wife Tests Positive for Coronavirus ... Tested With No Symptoms

Idris Elba's wife just told **Oprah** she tested positive for the coronavirus, and it raises the issue that people are talking about from The White House to Hollywood – how are these tests being distributed?

Sabrina Dhowre told Oprah she's been by Idris' side the whole time, and that's not going to change. She said it's a wife's instinct to be with her husband when he's down, and that's just what she did.

Sabrina says she doesn't have any symptoms ... nevertheless, she got the test.

Dr. Anthony Fauci, the leading infectious disease specialist on The White House Coronavirus Task Force, urged people as late as Saturday not to get tested if they are asymptomatic.

It's unclear how celebrities and professional athletes are **getting hold** of these tests, but clearly they are.

Dhowre told O, "we're asymptomatic" ... meaning Idris, who's also positive, is not showing symptoms as well. As we reported, he **also got tested**.

What do men really find attractive in women? – Tim and his honest answer to this question

Here we go, another article with a male writer talking about how inner beauty is more important than outer beauty. "Men

want a good personality over a good pair of lady lumps!"

Sorry to disappoint you ladies, but not today. I only do honesty.

You want to attract a man, you have to be attractive! It's simple logic. By definition, attraction in it's simplest form is a first impression; instinctual and purely a physical judgment. If you're shopping for bananas, do you take the ripe banana or the brown bruised banana?... Now before you react, I'm not calling, or insinuating, that anyone is a undesirable bruised banana simply based on how someone looks. Everyone has something to offer and that is what makes us 'DESIRABLE'... but let's not joke each other and pretend the world is perfect. Popular culture will have you believe that 'attraction' and 'desire' are the same thing... but they are not even close... If you are standing next to a Victoria's secret model, then congratulations, you are now invisible. You're now a superhero, go you!

I know it's hard, and yes, you can't change your genetics. You can't change the past and you can't change plain-old bad luck. Attraction for men, biologically, is based on your physical appearance, and although that may vary for personal preference, the general consensus of beauty is fairly universal. You either have it, or you don't. If you aren't sure if you're pretty or not, then you already know the answer. This is harsh but this is the truth.

HOWEVER... all hope is not lost! Do not despair or give up! This is why you 'Ask Tim' and this is why I get paid the big bucks. Physical appearance means NOTHING when it comes to REAL, NORMAL, EVERYDAY people! Life is nothing like the movies or Television! Popular culture needs you to believe that *celebrities, actors, musicians* and the like, are better version of real people. That they are more beautiful or more importantly, living an 'easier' life. If you compare yourself

to others, and doubt your desirability, then you have already lost the competitive edge; and therefore by simple logic, are less attractive than your 'competitor'. The dating game is nothing more than a animalistic primal dance of bright colors and loud screams. Attraction will get you noticed first, but just because the early bird gets the worm, doesn't mean that every other bird is starving!

So.... the top three things that a man will find most desirable. Starting with the most important!

1. Can you have a conversation?!

Approaching a girl is hard. It takes a lot of confidence, practice and sheer optimism. If a guy approaches you, *that you like*, then make an effort to have a conversation! Even if the guy is a dud, it's still good to practice until you find the right guy. There is nothing worse than when I've approached someone, and after asking,

Tim: Hey, how's your night going?

Girl: Oh Hey, yeah, good thanks, you?

Tim: I'm great, had a few beers and feel relaxed after a long day. Do you come here often?

Girl: Yeah... a bit... you?

Tim: Yeah I do actually. Really like the music and vibe. Good ambiance. Are you here with friends; having a big night?

Girl: Yeah, a few, what about you?

Tim: Just a few guys from work. Not sure where the night will take me yet. Keeping my options open.

Girl: Oh nice. Nice. Yeah. um. *Sips drink*

Tim: Cool... Cool... *long awkward silence* Talk later then...

No matter what you look like, that example right there will kill any guys mojo. It's done. It's over. He's not coming back. Pack your bags and call an Uber.... Of course you may be nervous too and even too shy to ask him meaningful questions but just the act of trying will make you ten times more

desirable. Even if you feel like you are making a fool of yourself, it's better than not offering anything to the conversation.

A boy will like you for how you look; a man will love you for how you make him feel.

2. Common interests and related humour

Let's try again.

Tim: Hey, How's it going, I'm Tim.

Girl: *Notices funny Game of thrones T-Shirt* Ahh excuse me, I'm Daenerys, Mother of Dragons, please address me by my formal title. *with playful smile*

Tim: My apologies Queen, let me buy you another mug of ale.

****Fast forward****

Girl: Do you have protection?

It's important to understand that men are just as vulnerable to social expectations and they too suffer from the feeling of inadequacy. If you have realistic expectations about the man you want to meet, then that man is just as nervous about being perceived as 'attractive' as you are. He hasn't nor will rarely approach the most attractive girl at the bar. Every guy knows that that is a suicide mission because she will reject you... and reject you hard... He is approaching you, because A) you seem approachable, meaning yes, in truth, in what he believes is his 'social range' but more importantly B) the most attractive girl within his range... Simply by approaching you, he has acknowledged that he finds you ATTRACTIVE! You didn't have to do anything!!!

3. Know what you want before the

night even begins!

The majority of men hate wasting time. When I ask, what do you want for dinner and you reply... "ahhh, I don't know, what do you want?", I am dying inside from frustration. Men are simple creatures with unnecessarily complex brains. We are capable of great things, but most of the time, just want to eat, (work), play and sleep. For that, you need to know what you want before you go out. If you are just looking for a no-strings hook up, then act like you want a no strings hook up. If you are looking to find a future, meaningful relationship, then act like you are looking for a meaningful relationship. Social expectation dictates that a man approaches, or makes the first move, but there is nothing sexier than a woman who knows what she wants. That doesn't mean you tell a guy what to do and when to do it. It means you act with conviction and congruence in your words and actions. If you want a real connection, ask questions that are both socially appropriate and meaningful.

Tim: Yeah I do actually. Really like the music and vibe. Good ambiance. Are you here with friends; having a big night?

Girl: Me too, I really like Jazz. Especially the saxophone. Something about the sound is just so smooth and calming. Oh and my friend is just at the bar.

Tim: Haha, there is my friend, at the bar also. I know what you mean. It has such a soulful rhythm. Easy to move to. Do you play any instruments yourself?

Girl: Haha I tried the piano but I'm not very good.

****fast forward****

Tim: Maybe I can get your number, and we could check out a Jazz Gig sometime?

The last words...

Attraction is important, that's undeniable, but it will only get you so far. If the only reason you are with someone is 'attraction', then that relationship will never last. Be desirable because you show genuine interest in the other

person. Make them feel wanted and the rest will fall into place.



Coronavirus: Your Children's Questions Answered



There's a new virus on the loose and everyone wants to know where it came from, how it spreads, and how to prevent it from spreading even further.

Where did this virus originate?

This virus originated in Wuhan, China in December 2019. Chinese officials claim that the outbreak started in a wildlife market (Chinese people eat all sorts of creepy crawlies), and that it most likely came from bats. Officials from other countries accuse China of having created this virus in a lab in Wuhan, which somehow leaked to the outside world.

Which countries have been affected so

far?

At the time of writing, 116 countries on most continents (besides Antarctica) have at least one case of coronavirus. By the time you read this, the numbers are likely to have changed significantly, but right now there have been more than 120,000 infected people worldwide, of which more than 4,600 people have died. Almost 70,000 people have recovered from the illness.

Is it dangerous?

The vast majority of people who catch COVID-19 (the official name) will recover. But it can be dangerous for certain members of the population, like the elderly, people with cancer, or other people who have a weakened immune system. It's important to be extra careful if you are going to be in the vicinity of such people.

What are the symptoms?

Most infected people present with symptoms such as fever, cough and difficulty breathing. However, some infected people don't present with any symptoms at all. Young children and babies seem to get very mild symptoms.

How do medical personnel protect themselves while treating patients?

Hazmat suits are the new must-have fashion item – if you're a doctor or nurse, that is. In Israel, Magen David Adom (MDA) paramedics do home visits for people who are in isolation, turning up in full Hazmat gear. Most countries are asking people who suspect they may have caught the virus to stay

home, and not show up at a medical clinic or hospital, where they can infect dozens of people.

How have travelers been affected?

The worst case of a vacation gone horribly wrong was the Diamond Princess Cruise ship that was docked in Yokohama, Japan. The 2,666 passengers on board were isolated on the ship for about 3 weeks. Of the more than 3000 passengers and crew on board, 696 caught the virus, and 7 of those died.

The USA has suspended all travel from Europe, except for Britain. Some countries, like Israel, Thailand and some parts of China order all passengers coming from countries where the virus has spread significantly, to be quarantined for 14 days. They must stay at home and may not come in contact with anyone else. People are refraining from traveling abroad, for fear of being quarantined upon their return.

Major events, meant to host many people at a time, have been canceled in many countries.

What are we supposed to do?

The most important thing is to be very vigilant with your hygiene. That means making sure to wash your hands properly. Using at least a pea-size blob of soap and water, scrub your hands for 20 seconds – the time it takes for you to sing “Happy Birthday” twice. Rinse well, close the faucet with your elbow, and dry your hands.

Governments are advising people to avoid shaking hands. Cough into your elbow to prevent droplets from spreading. Throw tissues into the garbage straight away. When out in public, avoid touching your face until you can wash your hands properly.

And of course, the most crucial thing is to #STAYATHOME

©Mishpacha

Jewish organisations move online

Jewish culture is being forced to make a move online, as coronavirus closes synagogues, museums and cinemas. Although most synagogues in Britain have not – yet – followed their American counterparts by live streaming their Shabbat services, a few have and no doubt more will follow.

Bromley Reform Synagogue started live-streaming its services on YouTube three weeks ago. Subscribers are notified on Shabbat morning that the service has started. Sinai Synagogue in Leeds has done the same.

The Liberal Jewish Synagogue in St John's Wood is offering online prayer services, but only to members with a password.

While Jewish cultural centres are closing, many are setting up new platforms to allow those confined to home to stay in the loop.

Phoenix Cinema and Reel in Borehamwood are bringing their best new releases to an On Demand platform they have created. The Unorthodox and How About Adolf? will be available to watch from March 15 and March 19 respectively.

JW3 is moving online

JW3 has closed its doors “until further notice”, but is launching a streaming service, JW3 TV, where fresh videos will be uploaded from Sunday to Thursday and much of its forthcoming programme will be made available to view.

Hillel International, the largest Jewish student organisation in the world, has launched ‘Hillel@Home’ to provide Jewish students with social and educational content while their universities are shut.

Lectures by prominent speakers and online courses will form a key part of the platform. Former Chief Rabbi Lord Jonathan Sacks has been confirmed as among the first keynote lecturers.

Meanwhile the Hebrew University is offering full-length undergraduate online courses on everything from Israeli politics to neuroscience and modern Hebrew poetry. They cost around £50 a module.

Google Arts and Culture hosts museums around the world that can meet certain production values – and a fascinating, diverse range of stories, artefacts and videos can be found there.

Google Arts and culture

London’s Jewish Museum has an exhibition that can be found on Google Arts and Culture, as well as the Imperial War Museum, which has uploaded a series on the Kindertransport.

Also on the platform are a range of fascinating Jewish exhibitions: you can find everything from the synagogues of sub-Saharan Africa, Argentina’s Jewish community, or how Shakespeare was translated into Hebrew, all curated professionally.

Poland's POLIN Museum, the Centre for Jewish History, and the Israel Museum have also all uploaded virtual tours, video exhibitions, and everything in between.

[The JC](#)