



"You know, I'd love to spend more time with my family, but I just don't have the time!" - Sounds familiar? Think about it, you may have said it yourself or heard from others but have you ever pondered upon, "Is there something I can do"?

Just look around, there they are! Your foundation, dose of happiness, a lovely family that you can go back to after a long day and unwind yourself. Yet somehow, spending quality time with them seems like a challenge.

Reasons? There are many. But the cons far outweigh the pros. Studies show that individuals who're surrounded with supportive people are mentally healthier than the others.

Now that it's almost Diwali - the perfect time to brighten up not just your outer surroundings but even your mind and heart with happiness, what could be a better way to celebrate than bonding with family?

Here are some tips to help you come out of the 'connected yet disconnected' zone and learn to prioritise family time -



### **Eating together matters**

This is rarely practised where family members are often replaced by phones or laptops. Instead, use your meal time to talk about your day, goals, family stories, festive conversations or vacations ideas.

Research shows that individuals who enjoy family meals together, have better vocabularies, manners, healthier diets, and higher self-esteem.

### **Slice and dice your family time**

Expectations can often clash. To avoid this, try to schedule your quality and chores time. When you break down your checklist and fill the gaps with family time, everyone is on the same page.

Psychologists suggest that if your routine is sliced down and planned, chances are better that everyone is conscious about spending time together.



### **Create family task time**

At times, we make excuses, trying to run away from home chores but did you know that teamwork is a great way to build relationships? Anything, from dusting to laundry to even Diwali decorations can foster togetherness.

As per studies, helping others helps us regulate your positive emotions, boosts confidence, decreases feelings of isolation and improves emotional well-being.

### **Take a break and make memories**

Despite being at home for such a long time, we might often find ourselves in a whirlwind of deadlines and tasks. So for once, it's okay to take some time out, celebrate, take pictures and simply be there with your loved ones.

No breaks can cause your focus ability and productivity to fade out. Breaks act as recovery periods from stress and boost creativity, as per psychologists.

Spending time with family can sometimes leave you at an odd end where two thoughts meet - whether you're planning to spend enough and if it will hamper your 'me' time. This can put you in a spot but don't worry, if you need help, our experts are here 24x7.

#### CONNECT WITH AN EXPERT

In case of any queries/concerns, please feel free to write to us [campus@yourdost.com](mailto:campus@yourdost.com).

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