

Tips for Prayerful Productivity

Teleworking Edition

Get outside!
Spend some time
(even if it's a short
time) enjoying
God's creation.

Pray the Angelus
at noon or the
Chaplet of
Divine Mercy
at 3:00 p.m.

Resist the temptation to neglect
your familial relationships—those
at home, and those far away—and
your work responsibilities. This
can be hard to do working from
home. Schedule work time *and*
family time. Discuss your
schedule with those at home so
they feel prioritized.

Stream a Daily Mass
at least once per week.

As part of your morning prayer,
reflect on one of the most
challenging aspects of your daily
routine. Offer that annoyance,
frustration, or suffering
for a special intention or person.

If you are married, ensure
that your spouse also has
sufficient prayer time.

Set your alarm for the same time
each day. Begin your day with
quiet personal prayer. The daily
Gospel or Liturgy of the Hour are
great choices.

Pray together after dinner.
If you live alone, invite a friend to
pray with you on Zoom, Hangouts,
or GoToMeeting. Consider praying
the Rosary at least once a week.

End each day
with an Examination
of Conscience.



Tips for Prayerful Productivity

Teleworking with Kids at Home Edition

Have your older children help around the house or play with younger siblings. Make it a lesson in sacrifice and generosity.

Set aside uninterrupted time for work that best meets your family's needs. Between naptimes, movie times, play times – whatever works.

Mark your day with prayers and meals together: morning, noon, evening. Try the Angelus at noon. Open and close the day with prayer.

Set a time when the work and school day will end. Do not let your work drag into the evening. (Unless it is the only time of day you can work.)

Give yourself time before everyone gets up. Pray and plan your day in peace. Set realistic goals. Prioritize. If you are married, talk to your spouse about what you both need to accomplish that day.

Make sure everyone cleans up their workspaces at the end of the day. No one needs reminders of what they need to do that can wait until tomorrow, or Monday.

Be patient with yourself. This is not easy. Trust in God's grace and mercy.

Pick one thing you will do for fun together as a family each day, even if it's just zoning out to TV sitcoms together.

Remember why we are doing this. Support and pray for those who are fighting this pandemic or working tirelessly to help those who are.

Socialize outside the family. Encourage your kids to connect with their friends and family online. Do the same with your family and friends. Plan things like prayer time or virtual "happy hours" with them.

Go to bed at a reasonable hour. Getting lots of rest has never been more important.



Tips for Prayerful Productivity

Stay-at-Home Parent Edition

- Set your alarm for the same time each day and begin your day with quiet personal prayer. If possible, set it for 15-20 minutes before your children wake up. The Liturgy of the Hours or the daily Gospel are great choices.



- Depending on your gifts, your current situation (possibly balancing work as well), and your family culture, decide how to approach the day best – with a tight schedule, a limited must-do list, or free play.
- Pray a Morning Offering with your kids. You're all in this together.
- During your morning prayer and throughout your morning tasks, reflect on what aspect of this change in your daily routine is the most challenging for you? Offer that annoyance, frustration, or suffering for a special intention or person. Be as specific as possible.



- Stream a Daily Mass at least once per week. Use this time as a way to intentionally teach your kids about the Mass (since no one can hear you whispering).
- Do a faith activity (read to them, chat with them, find an idea on www.archbalt.org/at-home) with your children.
- Pray the Angelus at noon or the Chaplet of Divine Mercy at 3:00 p.m.
- The first 10 minutes of naptime/afternoon quiet time is good prayer time.



- If possible, take some time away from your children at the conclusion of the day.
- After dinner, pray together with whoever is in your household. Make this prayer the Rosary at least once a week. It's OK that the Rosary with small children looks a little crazy. Their joy and energy are gifts, and patience is a virtue.
- End each day with an Examination of Conscience.