



HEADSPACE

# A CONSTANT JUGGLE

I LIKE TO SWITCH IT UP EVERY FEW HOURS TO REINVIGORATE. WHEN MY KIDS ARE PLAYING IN THE BASEMENT, I'M SET-UP AT MY KITCHEN ISLAND SO THAT I CAN FEEL CLOSE TO THEM WHILE I WORK. OTHER TIMES I'M ON MY LIVING ROOM COUCH CLOSE TO THE WINDOW SO I CAN GET LOTS OF NATURAL LIGHT AND FRESH AIR. WHEN I HAVE BACK-TO-BACK CALLS AND MEETINGS, I'M HUDDLED IN MY BEDROOM FOR MORE PRIVACY. ONCE IN A WHILE, MY KIDS WILL FIND ME AND BARGE INTO THE ROOM, AND IT'S THE GREATEST THING!

PORTRAITS IN A PANDEMIC

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MIX MEDIA, DIGITAL PAINTING, HORIZON MEDIA

## **FOOD & DRINK:**

I'M TRYING TO STAY HEALTHY WHEN POSSIBLE TO KEEP MYSELF ENERGIZED THROUGHOUT THE DAY. LOTS OF SALADS, WATER AND FRESH FRUIT SMOOTHIES WITH MY CHILDREN. AND COFFEE ALWAYS.

## **MEDIA:**

WHEN DAYS ARE MORE HECTIC, I'VE BEEN TAPPING INTO THE HEADSPACE APP FOR A QUICK WINDDOWN AFTER MY KIDS GO TO BED IN THE EVENING. IT HELPS ME RESET BEFORE IT STARTS ALL OVER AGAIN THE NEXT DAY.

## **LEISURE:**

THE PELOTON BIKE IS EVERYTHING FOR ME DURING THE QUARANTINE.

## **CAN'T FIND OR BUY?**

BABY WIPES WHICH IS VERY INCONVENIENT.