

Meeting the Physical Demands

We only help ourselves head off both fatigue and discouragement before it happens when we help our bodies work efficiently. We should be getting enough sleep, drinking lots of water, taking a walk everyday, getting out in the sun (when it's shining), and taking our [minerals and vitamins](#). Often as homeschoolers, we might think we can't afford the time it takes to get enough sleep or take a walk everyday. We might think we can't afford vitamins or minerals. Really, we can't afford not to. When we let our bodies get run down through overwork, fatigue, lack of exercise, and lack of the vitamins and minerals it needs in order to work properly, then we are more susceptible to burnout and discouragement, as well as illness. We end up paying the piper anyway, both in time and in money. Better to pay it in small daily increments of daily exercise and vitamins, and remain healthy with a positive attitude, than pay it all at once by being ill for several weeks with expensive doctor visits.

We can also prevent burnout by finding ways to do our work more efficiently. Read [Don Aslett's books on housecleaning](#) and learn to clean your house like a professional: they know how to get the job done in the least amount of time possible. [Cook once a month](#) or every few weeks and put meals in the freezer for school days. Delegate chores to your children. Even five-year-olds can dust or fold laundry. Get up early if you are a morning person or stay up late if you are a night person, and use that one or more hours of uninterrupted time to study, prepare lessons or grade papers. You can accomplish more in one hour if you are focused and undistracted than in six hours with constant interruptions.

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