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Photo: UnsplashIf you are at home with young children and have a job, I'm sorry. It's hard. There's no denying that. You'll have to use between moments, usually sleep times or quiet times, which is never long enough, but alas, they are what you have. The thing is, here's what usually happens: the moment your child finally (finally!), falls asleep or is otherwise busy, you freeze. It's time. It's ticking. What do you have to do with it? You start weighing your tasks by figuring out what is most important. Your brain is overloaded, so you decide to sit down and rest for a second. It's all too much. You pull out your phone and start looking at Instagram. Or selling Nordstrom. And then before you know it, your child needs you again and your opportunity to get something accomplished has passed. Working from home means you are surrounded by all your belongings: from this pile of dirty utensils to... Read more You have to work with your imperfect timeline. You have to organize your to-do list by time pockets. This is what performance expert Caitlin Patton does, as she explains on her blog: My kids are 5 1/2, 3, 18 months old, and only have my younger sleep. I do most of my work during my junior's second sleep because it's also when my eldest 2 have a quiet time, which means being distracted at least. Outside of this, I mostly work in 10-20 minute pockets during the day and then after they are in bed. It is important that you use your time pockets wisely. It means knowing what you're going to do as soon as you find your pocket. I have a list of 10, 20, 30 minute tasks, so when I have a pocket of time, I don't waste it trying to figure out what I need to do. You can organize your list just like Patton does, or does it make sense with your kids' schedules. After 10 minutes, you'll be able to send a few emails or fill out an expense report. In 20 minutes, you may be able to budget for next month. If you have a marathon napper that gives you two hours of solitude, what the hell can you do? One thing I suggest, however, is not to get into the habit of just solving quick tasks on your to-do lists during these small pockets of time. Because at the end of the day, when you're ready to take on some of your bigger, more meaningful projects, you'll be out of mental fuel. Instead, divide these projects into smaller and more manageable pieces and add them to the list. You can do it at night the next day. Then, when it's time to go, you're ready to run. We also suggest creating a sudden list of possibilities for fun things, too. In this frenzied, every minute counts. Delish editors select every product we select. We can get from the links on this page. Here are 9 things you can do with beer besides drinking it. March 13, 2014 Getty Images We shouldn't You that beer is a wonderful drink. There is nothing better than to retreat and open the cold. But beer is much more than just a drink. As it turns out, your brewski is multi-talented. Here are 8 things you can do with a frothy brew that go beyond just enjoying a sip. Once you empty all your beer tanks don't throw them in the bin. Give that may second chance with these creative beer creations. 1 in 11 Love for Cold One of the oldest drinks produced by humans, beer is still a universal favorite. Even George Washington, himself an experienced brewer, considered it necessary that every person in his troops get a liter of beer a day. Whether it's wheat, barley or even corn, beer is synonymous with relaxation and pleasure. But beer goes beyond glass thanks to these inventive uses for health, beauty, and your home. 2 out of 11 1. Wash your hair with beer for shiny locks your hair is dull and lifeless? Try to wash it in beer! Malt beer is rich in proteins that nourish your locks and smooth out naughty threads. The alcohol of your cooking acts as a cleanser, vitamin B adds luster, and yeast improves the overall health of your hair. The hair on it is shiny when the cuticle, or outer layer of hair, is closed and the beer is perfect for the job, explains Amanda Sipenock, LUSH brand and product trainer. It is best to use a flat, warm beer when washing. Make sure to rinse through. 4 out of 11 2. Clean your jewelry with beer We do not recommend cleaning your most gems with your favorite brew, but beer can help clean jewelry, especially gold. Soak the jewelry in a small amount of light or amber beer, and then buff with a small cloth. 5 out of 11 3. Struggling insomnia sucking and turning all night on the stretch? Forget warm milk. Hops in beer are known to enter into drowsiness. (If you don't want to drink beer before going to bed though, you can try tea spiked with hops for the same effect.) 6 out of 11 4. Meat and beer - Surprisingly yes, you saved some money by buying an inexpensive cut of beef, but now you're worried that it will be impossible to chew. You have to tenderize the meat, and beer can help. The acidity of the beer will break the muscle strands when the meat is marinated for a long period (usually overnight). Try the technique with this recipe for Guinness Pickled Bison Steak Sandwiches. 7 out of 11 5. Help Prevent Kidney Stones It may not top the list of doctors' ways to prevent kidney stones, but research shows that drinking beer (in moderation!) can help. This is because beer - especially with a high concentration of hops - can help prevent calcium deposits, a key component of kidney stones, from forming in the liver. Beer also natural diuretic, so it helps to flush the kidneys and bladder. 8 out of 11 6. Get your iron and other minerals States, porters, and other dark beers contain high iron - usually the same amount as a serving of spinach. Beer is also a rich source of silicon and boron (two minerals that help maintain healthy bones), magnesium and potassium. We don't recommend you swap beer for all your other sources of these important minerals, but it sure is nice to know beer does more than just relax you, right? 10 out of 11 8. Clean Copper Pots Disappointed Because Your Copper Pots Look Like To Wear? Beer carbonation and acidity can help clean up these stubborn spots. Just let the pans sit in some light beer for an hour or two and then wipe clean. This method works great on copper countertops and utensils as well. 11 out of 11 9. Steamed mussels, clams, or quite a few of any clam beer-steamed clams (pictured) are perfection in a bowl. Beer adds a kick to the rich flavor that clams willingly absorb. Boil beer with any combination of ingredients (onion, tons of garlic, pepper, chorizo), toss a choice of shellfish and cook until cooked. Make sure you grab some hearty bread to pour all the delicious sauce! Next Unhealthiest Hot Starbucks Drinks Advertising - Continue reading below This content is created and supported by a third party, and imported to this page to help users provide their email addresses. You may be able to find more information about this and a similar content piano.io kindly finding the best beer is essential for seasonal sipping. Popping a can or cracking open bottle serves as the perfect refreshing drink as you grill and cool all summer and is the perfect partner for playing day tailgates in the fall. Whether you're looking for a traditional beer that comes with any food you plan to cook, or want to buy a funky brew you've never tasted before, we've collected our favorite beer to appeal to any beer drinker, regardless of the season. And the best beer brands, from New Belgium Brewing to Dogfish Head, are game day grub killers, rich burgers, juicy grilled chicken and cool barbecue salads. We tried a lot of cans and bottles to find the best beer to drink regardless of the season. Whether you like sour, fruity beer, rich IPA, or light ale, don't look any further at the sophisticated and refreshing brews to try. If you are ready to celebrate summer pull out your favorite cooler and load it with any of these best beers as well as some summer ready tough seltzers, and your delicious rose wines. If you're looking for a beer to sip while keeping snug during the colder months, any of these beers will hit the spot. Regardless of the time of year, these best beers are sure to satisfy. Pull it! Advertising - Continue reading below 1 Logical conclusion IPA Three Brewing drizly.com \$21.99 It's a juicy treat with white peach and citrus. It's creamy and smooth with just a touch of bitterness, making it great for sipping solo or with some maggots. 2 Thick Tires Amber Ale New New drizly.com \$10.49 fat tires are our go to classic amber ale. Slightly sweet and fizzy, it's a seriously easy sipper, perfect for your backyard barbecue. 3 DayTime IPA Lagunitas drizly.com \$10.52 This great hot weather is an easy drink to pick up. It watches in only 98 calories, 3 carbohydrates and 4% ABV and with a slight bitterness and his fruity flavors that are bright and shiny, you can find yourself achieving for a second. 4 River Trip Belgian style session Ale We loved this beer for its forward citrus notes and slight bitterness. Every sip has proven that it is a crispy drink to be one of the best summer ales, perfect for a warm evening on the porch, backyard, slouch or really anywhere. 5 New Belgium Sour IPA If you're looking for a refreshing sour brew, this may not disappoint. The tongue-hued tartness was perfectly balanced by the classic IPA bitterness for a truly unique sip. 6 Thunderpeel Hazy IPA Flying Dog drizly.com \$11.65 There is an all kinds of citrus peel shinning as you sip this pick as well as some hints of tropical fruit. 7 Pale ale Sierra drizly.com for \$17.99 It's always been a go for a beer. If it is among the options in any refrigerator or refrigerator, it is difficult to know. And this reserve is for a reason. We think it hops forward at the same time very balanced. It has only a touch of sweetness and yeast in the background. All around solid beer. 8 Batsquatch Hazy IPA We love this funky can for its hoppy, yeast and citrus notes. If you are into IPAs with a great body and bold taste, you should give Batsquatch a try. 9 Seaqueen Ale Dogfish Head drizly.com \$11.99 If you're looking for something super unique, the crack open Dogfish Head session is sour, made with citrus and sprinkled with salt. The salt juice combo and sour lime reminded the margarita tasters, making it an ideal low-alcohol swap. RELATED: 16 Totally delicious classic cocktails to make home 10 El Sally Lager 21st Amendment drizly.com \$10.49 This light and refreshing beer has a slightly sweet and malty taste with just the right hint of bitterness. It is easy to drink on your own or in conjunction with light or spicy food. 11 Galactic Cowboy Nitro Left Hand drizly.com \$10.52 It's hard not to watch tiny tan bubbles streaming through this super dark, rich and creamy brew. Before you sip, you get some dunks of brown sugar, coffee and chocolate, which is similar to how it tastes as well. While 9% ABV, this creaminess can trick you into drinking it a little faster than you should. 12 Hell or High Watermelon 21-drizly.com an amendment to \$10.99 It's definitely not your typical wheat beer. It's light and fruity, but with almost candy-like watermelon flavor and a bit of yeast. It is ideal for those who are not in traditional beer. 13 Solera Tart Golden Call all cider fans: If you are on the hunt for an ultra-refreshing brew, cook. Can for you. With a strong apple smell, slightly tart taste and light effervescent, this beer gives us a serious dip energy. 14 Sour Monkey Victory drizly.com \$12.99 We loved the ease in this triple, it cut through an intense citrus bite. Our tasters compared a sip of this super sour beer to a SweetTart candy meal. We'll take a can, please! 15 One-Y IPA Oskar Blues drizly.com \$2.44 With its rich and slightly bitter taste, a classic for IPA, this light beer is far from watery. We loved the citrus flavor and super crispy finish. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io piano.io

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