



WORK FROM HOME WELLNESS TIPS

Switching to a remote work environment can be stressful and difficult to navigate. Below are some tips to help you through your transition!

1. CREATE A WORK FROM HOME SCHEDULE

Stick to the time and tasks set. Adjust as needed.

2. GET DRESSED EVERY MORNING

Even if it's just into different, comfortable clothing.

3. USE YOUR HOME TO WORK "COMMUTE" TO TAKE SELF CARE TIME

Examples: Make yourself breakfast and eat mindfully, exercise, and/or to listen to favorite podcast/music playlist.

4. SET GOALS/INTENTIONS

Take 5 minutes to set these for the day before you start your work.

5. HAVE A DESIGNATED WORKSPACE

Keep work items and leave them there when you're done. Keep it as clutter free as possible.

6. MOVE!

For every 60-minutes that you're sitting, get up and move for 90 seconds.

7. EAT REAL LUNCH, AND STAY HYDRATED.

Make your lunch in advance or start the day knowing what you'll be putting together.

8. GO OUTSIDE

Weather permitting, eat lunch outside or take a walk after you eat.

9. TRANSITION OUT OF YOUR WORK DAY

Having clear "clock out" time can help prevent overworking yourself. If you can't stop thinking about work, write your thoughts and tasks down for tackling the next day.

10. INTERACT WITH OTHERS

Call or video chat with at least one friend or family member.

11. STICK TO A CONSISTENT SLEEP SCHEDULE

Sticking to the same wake time and bedtime are crucial aspects of self-care, because those contribute to sleep quality.

12. WRITE DOWN 3 GOOD THINGS

Before going to bed, write down 3 good things that happened during your day as your last activity. Gratitude journaling can help reduce stress, anxiety, and improve sleep quality.