



WORKPLACE WELLNESS

TIPS FOR ESTABLISHING BALANCE WHEN YOU WORK FROM HOME

CREATING SEPARATION



Set yourself up for success!

Create a deliberate office space with easy access to necessities.

Establish a routine!

It's easy to work more than normal. Set specific hours - stick to them.

Have some social interaction!

Social interaction is essential for overall health - assists with creativity/problem solving.

Help Others!

Contributing to the greater good can improve your mental wellness. Be a source of encouragement.



Reduce stress down the road.

Intentionally creating separation can increase your productivity.

Know when/how to unplug.

Maintain a division of work and play that feels balanced for you.

Relax and enjoy.

Cherish the family and friendships in your lives. This is a unique moment in history which can create many wonderful moments.

Take time for you.

While so many normal activities have been disrupted, take time to practice gratitude, eat healthy, exercise - You will feel better for it.