

Telework Wellness

Under the current shelter in place, many of us are working from home. Here are a few tips to help you through the stress.

Stick to a routine

Go to sleep and wake up at a reasonable time. Write a schedule that is varied and includes time for work as well as self-care.



Get some exercise

Get out at least once a day, for at least thirty minutes. Remember to follow social distancing.



Communicate with family and friends

Reach out to others at least once daily for thirty minutes. Try to do FaceTime, Skype, phone calls, texting—connect with other people to seek and provide support.



Stay hydrated and eat well

Drink plenty of water, eat some good and nutritious foods, and challenge yourself to learn how to cook something new!

Find a long-term project to dive into

Now is the time to learn how to play the keyboard, put together a huge jigsaw puzzle, start a 15 hour game of Risk, paint a picture, read the Harry Potter series, binge watch an 8-season show, crochet a blanket, solve a Rubix cube, or develop a new town in Animal Crossing. Find something that will keep you busy, distracted, and engaged to take breaks from what is going on in the outside world.

