



#ALLIESTOGETHER

TELE-HEALTHY ALLIES

Tips for staying healthy (& sane) while working from home



IN THE MORNING

- Create a consistent routine for each day. Set your alarm, shower, and have breakfast at the same time each day.
- Create a daily "commute" to work to set your mind for the day. This can be a walk outside, listening to music, a chat with a friend, etc.

DURING THE DAY

- Choose a place for your "office". If possible, avoid bedrooms so that your mind separates work from rest.
- Set a daily schedule with breaks for walking, stretching, and activities that don't require looking at a screen. It's very important to get up and move your body throughout the day!
- Take breaks away from your work space for healthy meals and snacks.
- Do things to help you stay calm & focused -- drink water, use fidget toys, use calming scents, listen to ambient music.

IN THE EVENING

- Have a clear ending to your digital work day.
- Create a "commute" home similar to your morning routine.
 - Choose a special ringer for emergency calls you may receive.
- Try to limit phone usage to connecting with family and friends.

Join Us! Share your Telework Experience at #AlliesTogether

