

## Wellness Tips While Working From Home

### **Physical Health:**

- Exercise regularly – 10-20 minutes a day. Find a physical activity you enjoy such as dancing or riding a bike.
- Find new and innovative ways to pursue your hobbies. Have virtual coffees with friends and coworkers that you haven't connected with in a while – book a virtual coffee break with someone you normally wouldn't chat with.
- Watch concerts online, or follow a virtual paint class.
- Eat healthy food. Working from home and isolating yourself may cause you to fall back on bad habits. Focus on productive and healthy habits. The gut and brain are constantly sending signals to each other, so by keeping your microbiota (the bacteria in your gut) healthy, your brain feels less stressed!
- Meditate to take your mind off work and bring focus back to yourself. Meditations, journaling, yoga and breathing exercises are just a few ways to help relax.
- Get some daylight and fresh air: open your shades or go outside. Though you're practicing social distancing, you can still go outside. Just avoid crowds.

### **Watch your news consumption:**

- Manage stress levels by managing news consumption. Avoid or limit watching, reading, or listening to news that causes anxiety or distress. "Chase" bad news with lighter material!
- Mitigate misinformation by focusing on sources such as the World Health Organization or your local public health organization.
- Gather information at regular intervals from trusted and credible sources.

### **Loneliness is a natural response** especially when you're not used to WFH. Combat this by:

- Staying connected and maintaining your social networks.
- Check in with your colleagues with a video chat.
- Use electronic platforms such as email, social media, video conferencing, the telephone, or other apps.

### **Create routines and boundaries**

- Maintain "regular" working hours.
- Turn off all of your work devices when you're done.
- If you have work apps on your phone, turn off your notifications.
- Stick to a sleep schedule to maintain your energy.



- Set reminders to take breaks, exercise, or connect with someone.
- Set a status to signal when you don't want to be disturbed. Make sure you respect other people's status as well.
- Try booking your meetings for 45 – 50 minutes ONLY, must start or end with 10 minutes to switch gears, before your next call.
- Have Fun: Spending quality time with family or simply watching your favourite sit-com can often be just the distraction you need.
- Unplug: Many of us use the same technology (smart phones, tablets, etc.) during our free time as we do during our work. That's convenient, perhaps, but in our super-connected world, it's that much more important to unplug for at least an hour a day. Reading a book, taking a bath, just sitting on your porch and watching the sunset. Playing games on your phone may seem like a good way to unwind, but our bodies interpret time spent on electronic devices as work, and it's very hard to truly de-stress that way.
- Sleep & Rest: To relieve stress before bed, try some relaxation techniques and disconnect from technology as much as possible an hour before bedtime.

**Look for signs of working from home burnout:**

- Tiredness
- Inability to enjoy things
- Struggling to maintain work performance
- Feeling physically unwell
- Relationships feel strained
- Contributions to work or family are insufficient
- Unable to prioritize family or take breaks

