

10 Tips to Stay Well

While Working Remotely

1

DESIGNATE A WORK SPACE

This can help increase your work-life balance by keeping work in one contained area.

6

DRINK WATER

It's important to stay hydrated, this can also prevent you from excess snacking.

2

SCHEDULE YOUR DAY

Plan short breaks to get up and stretch or take a short walk.

7

GO TO A WORKOUT CLASS

You get exercise and human interaction, it's the best of both worlds!

3

PREP MEALS AND SNACKS

This can prevent unhealthy snacking or lack of meals throughout the day.

8

GIVE YOUR EYES A BREAK

Staring at a screen all day can be detrimental for your eyes. Take a lap around the house or play with a pet to rest your eyes!

4

SET A TIMER

When the timer goes off switch it up! Try standing at your desk (provided by WCS) or taking some time to do a set of lunges or hold a plank.

9

KEEP A SLEEP SCHEDULE

Don't work from your bed because it will disrupt your quality of sleep because you will begin to associate your bedroom as a place you work.

5

LEAVE YOUR HOUSE FOR LUNCH

Whether it be a walk to a nearby park or eating at your favorite restaurant, a change of scenery is necessary sometimes!

10

KNOW WHEN TO STOP

It can be easy to become a workaholic when there are no cues that it is the end of the day. Set an alarm when your workday is done and stick to it. Pack up your stuff and relax!