Work from Home During COVID-19

Sodexo Health & Well-being 2020
Tips On How To Work From Home

- Get up at a similar time as if you were going to the office
- Get ready and do your usual routine – workout, shower, breakfast, etc.
- Get dressed – into something other than PJs
- Schedule breaks
- Get outside at least 30 minutes daily
- Take lunch and snack breaks
- If your kids are home with you, don’t be hard on yourself if you don’t get as much done as you would have liked
Working From Home With Kids

- Write down a schedule for older kids
- Designate an area in the house for school work
- Find teaching moments in activities around the house
- Place a basket on counter with each kids’ snacks for the day. Once the snacks are gone, it doesn’t get refilled until the next day. This helps kids eat only when hungry and prevents you from staying in the kitchen all day
Aim for 7-9 hours of sleep each night.

Go to bed and wake up at the same time every day, even on weekends.

Avoid distractions such as cell phones, computers, and televisions in your bedroom.

Avoid long naps (over 30 minutes) in the late afternoon or evening.

Find ways to relax before bedtime each night.

Don’t eat large meals, or drink caffeine or alcohol late in the day.

Exercise at regular times each day, but not within 3 hours of your bedtime.

https://www.nia.nih.gov/health/infographics/getting-good-nights-sleep