

7 Tips for Working from Home



- ☐ Stick to a morning routine - shower, change out of pajamas, etc.
- ☐ Write down your tasks for the day - keep track of your to-do's!
- ☐ Schedule everything - calendar block your tasks for the day include breaks and lunch
- ☐ Take breaks- take a few 15 min breaks throughout the day
- ☐ Schedule a lunch break- try to eat lunch away from your computer screen
- ☐ Incorporate physical activity - e.g. walking, stretching, exercise videos
- ☐ Check-in on co-workers & family Click through to get your daily