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

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