



4 TIPS ON HOW TO NAVIGATE WORKING FROM HOME.

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Being confined within the walls of your home for the past months and trying to balance your child's school work, taking care of your home and your furry pet can be tiresome. It can even make you feel lonely or anxious. Here are a few tips on how to navigate your work from home space during this time of COVID-19 and state restrictions.

Create a flexible schedule

When you do the same thing everyday, it's easy to lose track of time. Start a daily routine you can follow. Set your work hours, meal times and take breaks. Intermittent breaks help and you can use this time to stretch your body, read, or have a virtual coffee break.

Make time for relationships

We are all human and the state restrictions takes away time from bonding with our friends, coworkers and loved ones. If you miss your regular chats, pick-up the phone or set up a virtual call. Sometimes, those conversations give you a rise on new ideas and give us a sense of comfort.

Get out of your comfort zone and learn new things

It's always a good idea to take breaks from social media, work, chores, TV shows and listening to music. When things get boring, try something you haven't done before.

Practice empathy and gratitude

Right now we are in a world of unknown and it can feel troubling. During these uncertain times, practice empathy, not just for others but for yourself too. If you're having a bad day, that's okay. Take each day as it comes and appreciate yourself more often, and give yourself a rest. Find joy in small things and the things you're grateful for.

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