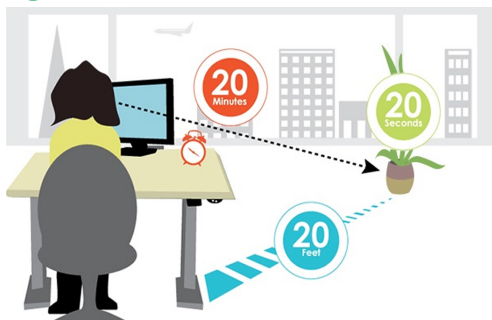


# WELL-BEING ACTIVITIES FOR REMOTE WORK AND CLASS

## ➔ 20-20-20 rule



Digital eye strain affects people of all ages. If you spend hours a day using digital devices you may start to notice that your vision blurs, and your eyes feel achy and tired. Remember to blink and follow the "20-20-20" rule. **Take regular breaks; every 20 minutes, shift your eyes to look at an object at least 20 feet away, for at least 20 seconds.** Learn more [HERE](#).

## ➔ Eating healthy at home



Keeping a healthy eating routine while working at home can prove to be difficult. Making small changes can add up to big wins for improving your diet and overall health. Read more about MyPlate recommendations [HERE](#).

## ➔ Outdoor physical activity



### Pectoral Stretch

Grasp your hands behind your neck and press your elbows back as far as you can. Return to starting position, then drop your arms. Relax. Repeat.



### Side Stretch

Interlace your fingers. Lift your arms over your head, keeping your elbows straight. Press your arms backward as far as you can. Then slowly lean to the left, and then to the right, until you can feel the stretch.



### Neck

Let your head drop slowly to the left, then to the right. Slowly drop your chin to your chest, and then raise your chin as high as you can. Turn your head to the left, return it to the normal position, then turn it to the right.



### Shoulder Roll

Slowly roll your shoulders forward five times in circular motion, using your full range of motion. Then roll your shoulders backward five times with the same circular motion.



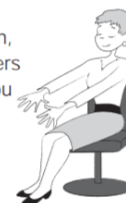
### Middle-Upper Back Stretch

Raise your right arm and grasp it below the elbow with your left hand. Gently pull your right elbow toward your left shoulder as you feel for the stretch. Hold for five seconds. Repeat with the opposite arm.



### Fingers

With palms down, spread your fingers apart as far as you can. Hold for a count of five. Relax. Repeat.



# STRETCHES AT YOUR DESK

Find the full list of stretches [HERE](#).

Sitting at your home desk, one that may not be as ergonomically sound as your office set-up, could cause some physical stress over time. Day-to-day activities may be decreasing which could cause joints and muscles to get stiff and place stress on our bodies.

It is important to incorporate stretch breaks into your daily routine to help alleviate this physical stress. Stretching can help improve your productivity, ability to handle stress, and overall well-being. In fact, OSHA recommends stretching for 10 minutes a day to reduce muscular fatigue, tension, pain, and degenerative joint or disc problems.

Most importantly it reenergizes your body!

The above stretches are found [HERE](#), along with four more, that are designed for you to do at your desk. They are easy and will give you more energy to tackle the newfound demands in your life.

Trying to stay calm during the COVID-19 outbreak can be difficult. When you feel anxious, there are ways to feel more at ease:

- **Keep up daily routines.** Try to maintain your regular schedule, even in your home office.
- **Don't completely isolate yourself from other people.** Maintaining relationships and social support are good ways to combat anxiety. Keep up social interaction using FaceTime/Skype/Hangouts, phone calls or text messages
- **Stay physically active - be outdoors if you can!** Spending time in fresh air can help keep anxiety down. Remember to keep a social distance of 6 feet from others. Read more [HERE](#).