WELL-BEING ACTIVITIES FOR REMOTE WORK AND CLASS

 seekers

 BE ACTIVE OUTDOORS

 Ideas to get you and your family moving and moving more HERE. 

 Whether you are working in the office or from home, there are great ways to stay physically active and socially distant to keep you safe! 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.

 Physical activity reenergizes your body after a long day at work and is proven to reduce stress levels!

 A few ways to get active and stay safe are:

 • Get your fall yard cleanup on! Raking leaves, mowing the lawn, or cleaning up flowerbeds is a great way to get moving outdoors.
 • Work out while working. Taking walking breaks, or doing some yoga or stretching during your downtime is great for your joints.
 • Call or FaceTime a friend and walk together. This is a great way to catch up with friends or family and to encourage one another to be active together.

 More ways to be active while working in the office or remotely can be found HERE. They are easy and will give you more energy to tackle the newfound demands in your life.

 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.

 Mental health matters

 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, whether you are in the office or at home working.
 • 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.
 • Do a "worry drop." Write out all of your fears and all of the aspects of your life that are going well, and remember the things that are going well.
 • Set aside time to continue to do the things you enjoy. Practice an old hobby, such as playing the piano, or try a new one!

 More ways to improve your mental health and wellness can be found HERE.