

Tips for Physical and Mental Wellbeing While Working Virtually

Brought to you by Kristina Rich, Health Coach, Wellness of Priority Health

Key Takeaways:

1. Maintain a regular schedule.
2. Be upfront about expectations.
3. Create a designated office space.
4. Set work boundaries.
5. Eat the frog - complete your most important task in the morning.
6. Socialize and stay connected.
7. Limit media consumption.
8. Distract and redirect - take regular breaks.
9. Exercise and be active.
10. Get outdoors.
11. Reframe your thinking.
12. Take time for yourself.
13. Ask for help