

TIPS FOR WORKING & STUDYING FROM HOME



HAVE A DISTINCT WORKSPACE

Take the buffer to get out of bed, practice a daily self-care routine, then go to a desk, table or other space you designate for your work and/or study time.



MAKE TO-DO LISTS

Lists can help to keep clutter and projects out of your mind and into an agenda, planner or another note-taking medium.

PRACTICE SELF-CARE!

Reward yourself for incorporating your new habits so well!
Remember, as isolated as you may feel, you're not alone in this.



GET YOUR REST!

According to the CDC, 1 in 3 people between the ages of 18-60 DO NOT get enough sleep. Do yourself a favor and increase your hours at night to better spend your hours during the day.



TAKE BREAKS

Breaks don't equal laziness or lack of productivity. Take breaks to enhance your clarity! Click [here](#) to learn more about taking breaks. Go ahead, we'll be here when you get back.