

The below tips from the “six areas of wellness” remind us to take care of ourselves during these unprecedented times.



OCCUPATIONAL WELLNESS

Try to set boundaries when working from home. Work in an area that you can easily separate from when the workday is done. This will help avoid the temptation of doing “just one more thing” or having “one more call” after work hours have ended. It will also help to ensure adequate family and personal time.

PHYSICAL WELLNESS

Every 30 to 45 minutes, stand up, take deep breaths and walk around the house to stretch. Try to avoid snacking throughout the day, but instead plan healthy regularly scheduled meals. Even though gyms are closed, try to exercise regularly by walking, biking outside or using sites like *YouTube* for at-home workouts. Be mindful of the negative effects of alcohol or drugs on your physical health.



SOCIAL WELLNESS

Right now we are all doing our part to stay home as much as possible to prevent the spread of COVID-19 so that our communities can quickly return to normal. We can take advantage of technology to call or video chat with coworkers, friends and family since we cannot be together during this time of social distancing. It helps to share our concerns with others in healthy ways.

INTELLECTUAL WELLNESS

It is natural to want to pursue intellectual growth and stimulation outside of work time! Reading books, listening to podcasts, pursuing a professional designation or certification, or taking an online course (see www.classcentral.com for nearly 500 classes to be audited for free) is enriching. Activities such as puzzles, word searches, or sudoku will help keep your mind sharp. Strategic board games are a great way to spend time with family.



SPIRITUAL WELLNESS

Understand how your beliefs can play a role in your personal wellness. Consider practices such as meditation, yoga, prayer and even connecting with nature by taking a walk outside to reduce anxiety and stress. Many apps can help in this area!

EMOTIONAL WELLNESS

While it’s important to stay abreast of current events, it’s also advisable to take breaks from watching, reading or listening to news stories, even those on social media. Repeatedly hearing about the pandemic can be upsetting. Again, make it a point to connect with others through face time and calls, keep to a set schedule and exercise. If you need help in balancing your wellness, your company’s Employee Assistance Program (EAP) is there to help.

