



5 TIPS TO STAY HEALTHY WORKING FROM HOME

Wellness Tips

1) CREATE A DESIGNATED WORKSPACE FREE OF DISTRACTIONS

1. Be sure to sit with your back straight and keep your hips far back in the chair, sit at least 20 inches (or arm's length) away from your computer screen
2. Make sure you have good lighting to avoid eye strain
3. Get rid of clutter and personalize the area by adding a plant or a photo to make your area more cheerful
4. Make your workspace somewhere you can leave once your workday is over

2) REMAIN PHYSICALLY ACTIVE

1. Take time to stand up and move throughout the day
2. Stretch when you've been sitting for a while
3. Walk around while on a conference call
4. Look for free videos on www.youtube.com that are dedicated to being active in a small space

3) COPING WITH LONELINESS AND ISOLATION

1. When appropriate, pick up the phone and call your co-worker instead of just sending an email
2. Make a point to have daily check-in meetings with colleagues
3. Outside of work, remain social with friends through technology.

#ibpwellnesstips
Healthier Together

Disclaimer: Please note that these tip sheets are educational and are not intended for diagnosis and/or treatment. Discuss any symptoms you have with a physician.

4) GET A GOOD NIGHT OF SLEEP

1. It is recommended that adults get 7-8 hours of sleep per night
2. Make sure your bedroom is dark, comfortable, and quiet but not too hot or cold
3. Stick to a daily schedule so that you are going to bed and waking up at the same time each day

5) FUEL YOUR BODY WITH NUTRITIOUS FOOD

1. Stick to a schedule when eating, eat at the times you would normally eat when in the office
2. A protein rich breakfast will help keep you full and will help keep your sugar levels balanced so you are not looking for a snack in an hour
3. Always keep a water bottle handy so you remain hydrated - an adequate daily intake is about 124oz for men and 92oz for women. These recommendations include water, other beverages and food.

