

MENTAL WELL-BEING



Canadian
Cancer
Society

Healthy
Workplaces

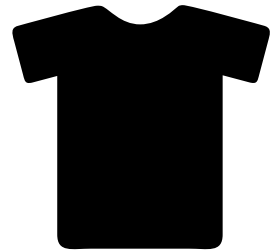
Powered
by
iA
Financial Group

Working from home can be great. However, sometimes it might cause an added emotional strain. As such we have compiled a list of tips that might help you stay **efficient, productive** and **positive!**

1

Get dressed:

Getting dressed helps you set physical and visual distinctions at home. Working in the same outfit that you woke up in, or that you usually wear to do non-work related activities, will make it more difficult for you to shift into a professional mindset.



2

Take a short walk to mentally prepare for the day:

It's important to switch mindsets when starting your workday. If you can, take a walk in your neighborhood before your workday begins. If that's not accessible, meditate before your workday begins.



3

Establish a work zone:

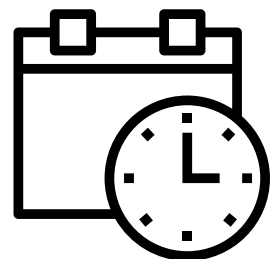
Whether it's a small section of a table, or an entire room, make sure it's a place that you dedicate to work, and leave it unattended after your work day is done.



4

Stick to a schedule:

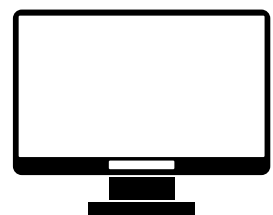
Get up, and finish your work day at the same time every day. Establishing this routine will place you in the correct mindset to be productive.



5

Have virtual coffee meetings:

Connect with your co-workers virtually, and schedule a virtual coffee date. No-one understands what you're going through more than your coworkers, stick together!



MENTAL WELL-BEING



Canadian
Cancer
Society

Healthy
Workplaces

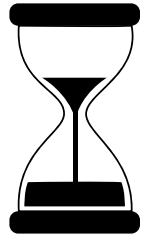
Powered
by



6

Take a 5 – 10 minute break every 2 hours:

Refer to our Healthy @ Home toolkits, and discover different ways you can incorporate some movement into your breaks.



7

Take advantage of your break:

Try to maximize your lunch break, and get chores out of the way, in order to relax after your workday is done. Cook healthy meals, do the laundry, etc. Working from home has its perks, use them!



8

Eat at regular times:

To avoid snacking and in order to ensure you maintain a healthy diet, eat at the same time you would usually eat, and stay consistent.



9

Take a break from the virtual world:

Working from home means you're most likely spending most of your time looking at your screen. After the work day is done, take a break from the virtual world, to give your mind and eyes a break.



10

Practice self-care:

Carve out some time for yourself. Whether it's to meditate or exercise, try to find a quiet spot that can bring you some peace.

