

# Small Changes from Home



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by  
**iA**  
Financial Group

# Small Changes from Home - Step 1



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by  
iA  
Financial Group

See below for a list of small changes you can make from **home** for remote workers:

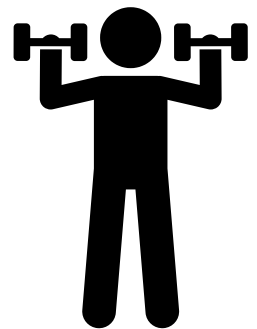
## 1 Small changes to maintaining a **HEALTHY MIND**:

- Take 10 minutes to meditate
- Take 10 minutes to journal
- Unplug for 10 minutes and turn off all digital screens
- Take 10 minutes to organize your workspace
- Schedule a virtual coffee break to connect with a colleague



## 2 Small changes to increase **PHYSICAL ACTIVITY**:

- Dedicate 10 minutes of lunch to walking outside
- Take a 10 minute stretch break in between meetings
- Walk around or stand-up during phone calls instead of sitting
- Complete a 10 minute yoga session
- Walk around one block in your neighborhood



## 3 Small changes to practice **HEALTHY EATING**:

- Start the day off with a healthy breakfast
- Prepare and eat a home-cooked meal for lunch
- Stay hydrated – drink at least 2L of water
- Drink your coffee or tea without sugar
- Have a piece of fruit for a snack break



# Small Changes from Home -Step2



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by  
iA  
Financial Group

## Build your small changes throughout the week!



**DAY 1:**

*Small change 1*



**DAY 2:**

*Small change of day 1 PLUS small change 2*



**DAY 3:**

*Small changes of day 1 & 2 PLUS small change 3*



**DAY 4:**

*Small changes of day 1, 2 & 3 PLUS small change 4*



**DAY 5:**

*Small changes of day 1, 2, 3, & 4 PLUS small change 5*

## A few notes:

- This challenge can go beyond a week, don't be afraid to keep integrating small changes into your day!
- See our "Examples of Small Changes" toolkit, for a ready made challenge.
- Tell your coworkers to join you!