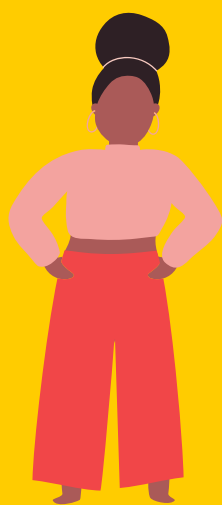




TEACHING FROM HOME

Ensuring that you are taken care of too

START THE DAY WITH SOMETHING FOR YOU



- Meditate, journal or pray
- Exercise or stretch
- Listen to music that makes you feel good
- Talk to someone you love
- Shower and make an effort to look presentable

SET A CLEAR WORKSPACE



- Segment your space
- Set a designated work area
- Ensure it has access to light
- Have comfortable seating
- Avoid doing work in bed

SCHEDULE BREAKS



- Set a regular routine for yourself
- Allow breaks at least every hour
- Move your body
- Listen to music
- Stand and drink water
- Have a healthy snack

WIND DOWN



- End your day by moving to a new space
- Log offline at a set time
- Do something that brings you joy
- Connect with a loved one
- Set a bedtime and stick with it

