



## Healthy at home: Download helpful tips to support your safety and well-being while working remotely.



### Advice for newly remote workers

Sheltering at home and adjusting to working remotely makes work feel different. [Apply insight](#) from the American Psychological Association to help with this transition.



### Work (from home) wellness

Get dressed, create a designated work area, and stay connected with others. [Implement these practices and more](#) at home to support your overall well-being while working remotely.



### 10 tips for eating healthy at home

Meal plan, stay hydrated, and manage your environment. [Try out new ways](#) to make the healthy choice the easy choice during your work day.



### Set up your new workstation

Utilize [KP's Ergo Info software](#) to properly set up your workstation at home. Click on the "Take a Break" button to complete regular stretch breaks and avoid injury.



### Practice proper ergonomics

Practice the 20-20-20 rule: Every 20 minutes, take 20 seconds to stand up and move and look 20 feet away. Learn more tailored [ergonomic tips](#) based off the equipment you have at home.



### How to stay focused

Learn how to structure your day for success, the best way to set boundaries with others and more [practical suggestions](#) to help manage your time effectively.