

Tips for Working Virtually – Week of 4.06.2020 (Self Care)

Happy Tuesday, DOR Colleagues!

As we continue to learn how to manage work and personal life in the confines of our homes, it is important to take steps to care for our mental and physical well-being. Whether you are trying to survive with a house full of kids, coping with working alone, or anything in between, practicing self-care is essential to your professional and personal wellness. This article offers helpful tips to stay productive while caring for yourself.

<https://www.everydayhealth.com/healthy-living/your-work-from-home-survival-guide-for-self-care/>

Some highlights from the article:

- **Keep a consistent sleep schedule.** Stick to the same wake time and bedtime to preserve your sleep quality, which will contribute to the energy you have throughout the day.
- **Repurpose your “commute” time** Use the time you used in the mornings to transition into work with an activity of your choosing- take a walk, sit outside with your morning coffee, or read a chapter of a book. Just like your morning commute, use your ‘commute home’ to transition out of work- close your work email, turn off your monitor, take a walk or start preparing for dinner.
- **Set a workout time to reset and refresh.** Making time to exercise can help set boundaries and establish routines to maintain work-life balance. Keep an eye out for emails from the DOR Community Forum for offerings such live stream Zumba, yoga, and virtual running club.
- **If you have kids at home, get them involved in your self-care regimen.** Get your kids to help in creating routine, like a lunchtime reading hour for the whole family.

Most importantly, make an appointment for YOU time and make yourself a priority in an everyday way to stay healthy. We encourage you to practice self-care, especially in these trying times. If COVID-19 has you stressed out, **Kaiser Permanente’s Employee and Physician Assistance Program (EAP)** is offering resources to support you during this time. See the flyers attached for more information.

Stay safe and well!
PC Advisory Group



A moment of kindness observed at a local bus stop – Photo by C. Doan