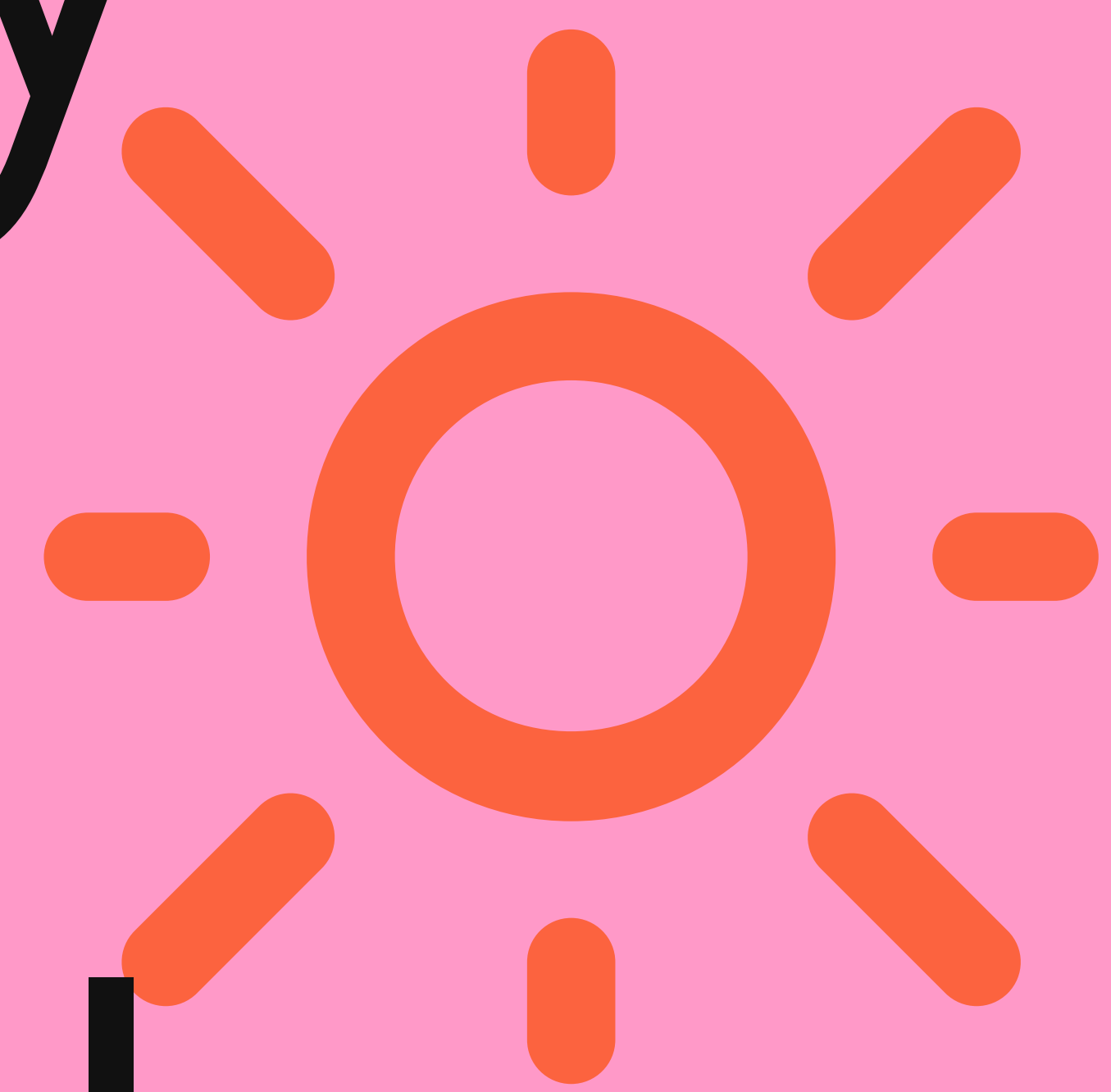


# How to Keep a Healthy Mind When #wfh



- Stick  
to a daily  
routine;  
start early



1-11

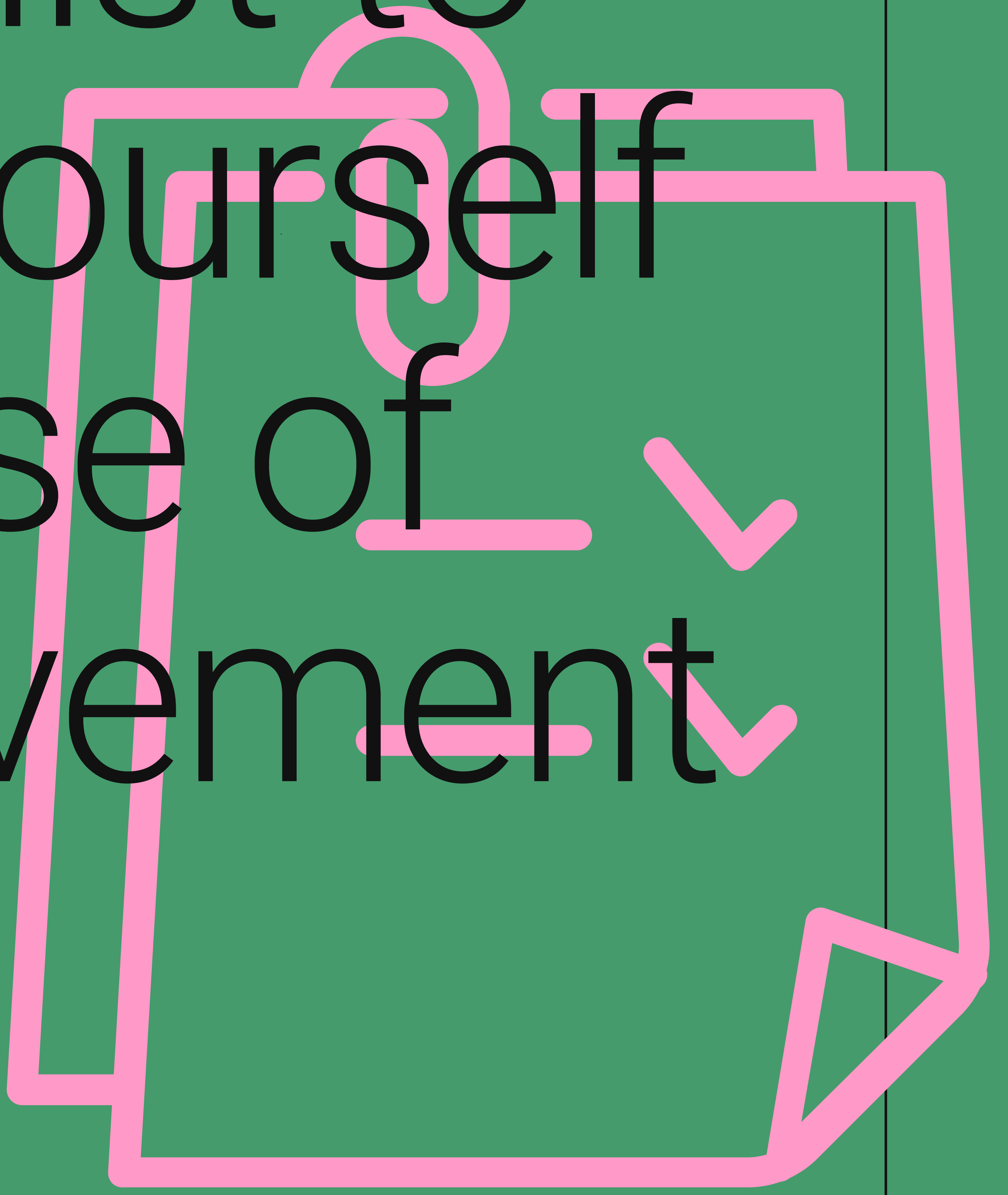
- Get Plenty  
of Rest.

Sleep no less  
than 8 but no  
more than 10  
hours a day



2-11

- Visibly  
cross tasks  
off your  
to-do list to  
give yourself  
a sense of  
achievement



3-11



- Meditate or  
do breathing  
exercises  
whenever  
you feel tired  
or need to  
refocus



4-1-1

- Make  
sure your  
day clothes  
are not also  
your night  
clothes



5-11

- Stay  
Hydrated



6-11

Healthy Mind

- Catch up  
with friends  
and family  
over voice  
calls – It's  
been a  
while!



7-11



- De-clutter  
your home.  
You know  
what to do  
with it “if it  
doesn’t  
spark joy”



8-11

- Have a support group to offload on – always return the favor



9-11

- Refresh  
the list  
of things  
you are  
grateful  
for, every  
day



10-11

- Limit your social media use to reduce stress-inducing news



11-11