

MENTAL HEALTH QUICK TIPS



Focus on living a healthy lifestyle.

Stretch throughout the day. Eat healthy and get a full night's sleep.



Get up. Get ready.

Get in the right mindset by getting ready. You'll feel refreshed and ready to work.



Take your time "going to work".

Walk your dog, go to the gym or water your garden. Make a coffee with your favorite flavor.



Prevent eye strain and headaches.

Try the 20-20-20 Rule. Every 20 minutes look 20 feet away for 20 seconds.



Out of sight and out of mind after hours.

Close the door to your office. If you can't, put your laptop away or cover it.



Take breaks. Period.

Get up and move. Take a short walk. Plan a break between meetings.



Keep your lines of communication open.

Connect with your manager or teammates to keep from feeling isolated.



Set a hard stop time and stick to it.

Give yourself a clear start and end time. Wrap up your work as close to that daily deadline as possible.



TWIN CITIES

Telework

by

Commuter Services