

Working at Home

Getting Started

Cues for work mindset:
Clothes, work space

Check-in buddy

Pump-up music

Generate momentum.

Set 1 daily intention + 1 "baby step" goal:
Be... and Do...

Microbreaks

Be active:
Take a lap

Be social:
Zoom lunch

Schedule pit stops!

Be mindful:
Slow deep breaths

Be creative:
Crafts, art, decor

Mood Management

Social outreach:
Have fun with silly rituals and group challenges

Attention to silver linings: Notice and share the little joys

Choose where to place your energy. Maximize what you *can* control.

Media consumption:
How much news you see

Productivity

Accomplish your goals.

Manage family distractions by agreeing on "signs" that you're working: head phones, fridge schedule, sticky notes

Avoid multi-tasking

Distraction sheet

