

WORK FROM HOME ✓



1. Get Dressed!
2. Optimize Workspace
3. Set Schedule (include breaks!)
4. Create Transitions
5. Improve Work:Rest Ratio
6. Cut Excess tasks/meetings
7. Prevent Interruptions
8. Connect w/Peers
9. Practice Kindness/Humor

endorphins - serotonin - norepinephrine - oxytocin - serotonin - dopamine - melatonin

Your partner in wellness

@wearewelltogether | wearewelltogether.com