



The Wellness Wire

Herbert Wertheim College of Medicine

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Greetings as we all learn to reframe our lives during these unprecedented times. This issue of the Wellness Wire will be devoted to staying focused and calm while working at home. If you are like me, sometimes by the time of your 4 PM Zoom meeting, you might find yourself a bit agitated, irritable, or just plain exhausted. In your prior life, you likely did not stare at a screen, especially with your own image staring back at you, for extended periods. There are, nonetheless, strategies that can help.

STICK TO A ROUTINE

As much as possible, try to regularize your work hours. See if you can establish a 9-to-5 like schedule, even at home, with a lunch break. You might even try dressing for work (at least on your top half) to indicate the routine.

SET UP A WORK SPACE

Try to indicate a place in your home or apartment that becomes your work zone. Maybe you are already lucky enough to have a home office. If not, set aside an area that you can make comfortable, practical, and ergonomic. (See out prior Wellness Wire issues on tips for creating ergonomic work areas.)

KEEP YOUR COMMUTE TIME

You might be tempted to use the hours you formerly used for commuting to do more work. Try to keep that time for yourself. Go for a walk or some other form of physical activity. Take a few minutes to meditate with your Headspace app or practice Yoga with Adriene. Start

growing an indoor garden. Plants themselves are calming and centering. Dedicate the time to family or a loved one.

EAT WELL

Surrounded by your pantry and too many tempting possibilities can be a problem. Be attentive to where, when, and what you eat. If possible, take a proper lunch break and eat something healthy. If preparing food stresses you out, plan ahead to think out easy meals for the day or the week. If preparing meals relaxes or recharges you, then even better.

STAY SOCIAL

So maybe you can't be a part of that weekly soccer game or the monthly movie outing, but you can still make the effort to touch base with friends and family. Be thoughtful about setting up short get-togethers and chats. You might not be able to run into people in the break room, but you can reach out to say "hi," every once in a while, to your work colleagues, too.

BLOW OFF SOME STEAM

Try to preserve your weeknights and weekends to do something you enjoy. Now might be the time to get that home punching bag you always wanted or dive into all those Game of Thrones episodes you missed. You and your kids can build that puzzle that has been staring at you for months. Used to play guitar with some friends? You still can, but it might have to be remote. Let loose a little, so that you can keep calm and, as they say, carry on ...

Check out our interactive Wellness Wall as well:

<https://teams.microsoft.com/#/school/conversations/General?threadId=19:5ff287f7a6744a96a18e22896ebd3b3a@thread.tacv2&ctx=channel>

