



# The Wellness Wire

## Herbert Wertheim College of Medicine

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*An initiative of the Faculty Assembly Steering Committee, the Office of Medical Student Support Services, the Fit & Well Committee, and the Division of Education and Faculty Development in the Department of Humanities, Health, and Society.*

Greetings as we all learn to reconstruct our lives during these unprecedented times. Recognizing that figuring out how to work from home can be challenging, the Faculty Assembly Steering Committee has launched an initiative to provide resources for faculty and staff to foster our collective well-being. We will provide periodic tips and strategies and develop a platform where we can crowd source other ideas for coping.

**As social beings, maintaining social distancing can be challenging. Here are a few ideas for Remaining Healthy While Working from Home.**

1. Establish a routine. Yes, everyone can see you from Zoom. Get ready as if going to work.
2. Prepare a space for yourself to work at home. Avoid working in bed, or in front of the TV as it can create distractions. This can also help you have good sleep hygiene.
2. Communicate! Even the smallest reach has great impact. Be kind and thoughtful in your words. Words have power.
3. Practice yoga, meditation, or whatever makes you feel good. There is plenty of research indicating the benefits of meditation and you only need 5-10 minutes.
4. Get sleep. Sleep is critical to keeping yourself healthy and calm. Mindfulness apps work.
5. Get outside. Nature is a great healer. (Wear sunblock.) Take a walk. Walking stimulates your brain and senses, causing you to feel more joy.
6. Eat well. Learn new ways to adjust to what is available. It is fun. Try to prepare your meals ahead of time. This can help keep you on schedule with your typical eating habits. And don't forget to drink water.
7. If you like gardening, perhaps, help an elderly neighbor. They will watch you and wave.
8. Speaking of waving...wave and say thank you to all the people that are still working hard.
9. Find a project that you have been wanting to do. Please, just pick one and focus.
10. Practice compassion, kindness and sensibility. Fear triggers things in people. Understand and make exceptions.
11. Now is the time to let go of ego and politics.
12. Follow up on your commitments and responsibilities. You'll sleep better.
13. This is not a time to party. Take it seriously, kindly and lightly.
14. Most importantly, always be kind to yourself and others. Find your best self.

*If people find themselves struggling and would like to speak with someone, always remember the FIU Office of Employee Assistance. You can call the office at 305-348-2469 or email [oea@fiu.edu](mailto:oea@fiu.edu) for help.*

