

REMOTE WORKING WELLNESS CHALLENGE

CHALLENGE: COMMIT TO ONE IDEA FROM EACH CATEGORY TO DO DAILY FOR THREE WEEKS

PHYSICAL

- STAND UP FROM DESK EVERY HOUR
- DRINK 64 OZ WATER
- STRETCH WRISTS, NECK & SHOULDERS

MENTAL

- TAKE 3 DEEP BREATHS WHEN STRESSED
- LOOK AT A PHOTOGRAPH OR BEAUTIFUL IMAGE FOR 30 SECONDS
- GIVE YOURSELF A PEP TALK

UPLIFTMENT

- CHECK IN ON A COWORKER
- STEP OUT FOR SOME AIR
- ACKNOWLEDGE ONE ACCOMPLISHMENT FROM TODAY
- BONUS ROUND: SCHEDULE A VIRTUAL VIDEO LUNCH WITH A COWORKER