

Achieving PHYSICAL WELLNESS indoors

Working from home?

Equip yourself with the right arsenal for good health.



A well-lit,
AIRY

workspace



Hustle
that muscle

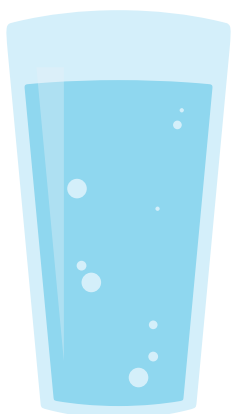
with daily
exercise
routines

Take a break & Repeat!

Reduce your
caffeine
intake



HYDRATION
is key so
glug glug



A COMFY,
supportive
chair
to lean on



Snack on
HEALTHY
FOOD!

Congratulations!

You've unlocked the next level of staying fit!

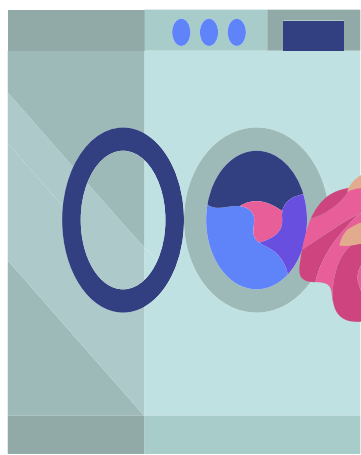
A ray of **POSITIVITY!** **EMOTIONAL WELLNESS**

Bolster your emotional wellness with a few steps.

Even the strongest need
support on overcast days.

Stick to a

ROUTINE



even at home

PRIORITIZE

your tasks
for the

DAY

ahead!



Practice
meditation

Change
out of
pajamas &

dress
to
impress



Take **BREAKS** to
RE-ENERGIZE
during the day

If you're feeling overwhelmed, reach out
for professional guidance!

Joining hands
FROM AFAR!
**SOCIAL
WELLNESS**

Strengthen your bonds!

Improve your virtual communication with people by following these simple steps.

Schedule
ONLINE
catch-ups
with
F.R.I.E.N.D.S



SET EXPECTATIONS
and response rates with
COLLEAGUES



Video call
LOVED ONES
regularly!



Organize
ONLINE
game nights

OVER
communicate
with your
TEAMMATES



A worry shared is a worry halved. Don't hesitate to reach out to loved ones and talk things through when you need to vent.