



EMPLOYEE WELLNESS

LIVE WELL. WORK WELL.

Stay Healthy When Working From Home

Below are a few things to keep your spirits up while working remotely:

- ◆ Review the CDC recommendations on “How to Protect Yourself” from COVID-19 (Coronavirus Disease), more information at: www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.
- ◆ Keep the same schedule as if you were in the office.
- ◆ Pick a spot free of distractions, and set boundaries if there are others in your home.
- ◆ Be clear about what needs to get done, create a manageable list.
- ◆ Still take short breaks. Have a healthy snack, walk, or meditate.
- ◆ Connect with your coworkers via email, instant messaging or phone.
- ◆ At the end of the day, put your work away. It helps transition your body from *work mode* to *rest mode*.

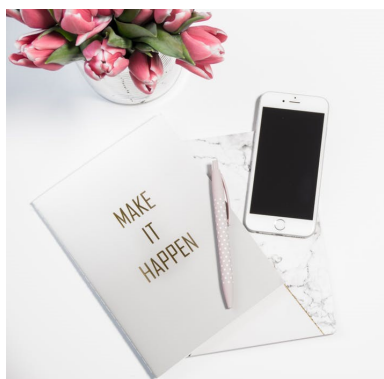
Reference: *UT Living Well* www.utsystem.edu/offices/employee-benefits/living-well/be-healthy/work-healthy-home

More helpful information on:

Ergonomics
Medial Resources for Employees
24/7 Nurseline
Mental Health Resources
MD Live Behavioral Counseling
Digital Health Program
Self-Care Resources
Productivity
Sleep Resources
Emotional Wellness, Mindfulness Apps & Resources

**Some of these resources are only available to UT select members.*

For more information and resources involving COVID-19 (Coronavirus), please visit: utrgv.edu/coronavirus



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🌐 utrgv.edu/hr/wellness