

5 STEP GUIDE TO BE HEALTHY WHILE WORKING FROM HOME



STANDING DESK

-This will help you burn more calories throughout the day and can relieve pain

BREATHING TECHNIQUE

-Inhale through the nose for a count of four, then exhale through the nose for a count of four.



ESSENTIAL OILS

-These can help encourage focus, purify the air, and boost your mood!

SCHEDULE A WALK BREAK

-This will help you to clear your mind and boost creativity



CREATE A QUOTE BOARD

-A board filled with your favorite quotes will keep you motivated!

