



10 Tips to Maintain Your Health & Wellness Working at Home

TALIA WALSH – QUEST STUDIO

AGENDA

- ▶ Introduction
- ▶ Benefits of a Healthy Worker
- ▶ 10 Tips to Maintain Your Health & Wellness
- ▶ Get Connected
- ▶ Resources
- ▶ Q & A

WHAT DOES WORK LOOK LIKE NOW?





BENEFITS OF A HEALTHY WORKER

- ❖ Increased productivity
- ❖ Increased individual health knowledge
- ❖ Improved job satisfaction
- ❖ Less sick days
- ❖ Decreased workplace injuries
- ❖ Lower healthcare costs
- ❖ Sustainable workplace culture

Our Top 10 Tips to Stay Healthy Working at Home Are....

1. KEEP A ROUTINE

- ❖ Keep a regular routine
- ❖ Shower and get dressed as if you were going to work
- ❖ Set boundaries for your work schedule
- ❖ Plan daily activities

Time	Activity
7:00 am	Wake up, shower, stretch (take care of kids/animals)
7:30 am	Breakfast and family time (technology free!)
8:00 am – 12:00 pm	Work and check on updates with small breaks every 30 minutes
12:00 pm – 1:00 pm	Lunch break, get fresh air, stretch & exercise
1:00 pm – 5:00 pm	Work with breaks every 30 minutes, check in with co-workers
5:00 pm – 7:00 pm	Dinner and screen break! Call a friend. Family Time
7:00 pm – 9:00 pm	Self – Care Time

2. DESIGNATE AN IDEAL WORKSPACE

- ❖ Identify your work needs
- ❖ Designate a comfortable workspace
- ❖ Give your workspace boundaries
- ❖ Limit distractions
- ❖ Keep it organized
- ❖ Get a good chair
(or ditch the chair altogether)



3. GET MOVING

- ❖ Get up from your desk every hour
- ❖ Schedule balanced workouts
- ❖ Schedule active meetings
- ❖ Get fresh air & Vitamin D
- ❖ Take advantage of virtual workouts

www.myqueststudio.uscreen.io

- ❖ Create a workout space at home



4. KEEP YOUR IMMUNE SYSTEM STRONG

- ❖ Washing your hands with soap for 20 seconds (or 2 happy birthdays!)
- ❖ Maintain proper hygiene
- ❖ Take your vitamins
- ❖ Keep medication refills up to date



5. STAY HYDRATED

- ❖ Know how much to drink
- ❖ Keep a bottle by your side
- ❖ Set an alarm to remind you to sip
- ❖ Avoid food and beverages that dehydrate you
- ❖ Add a bit of flavor



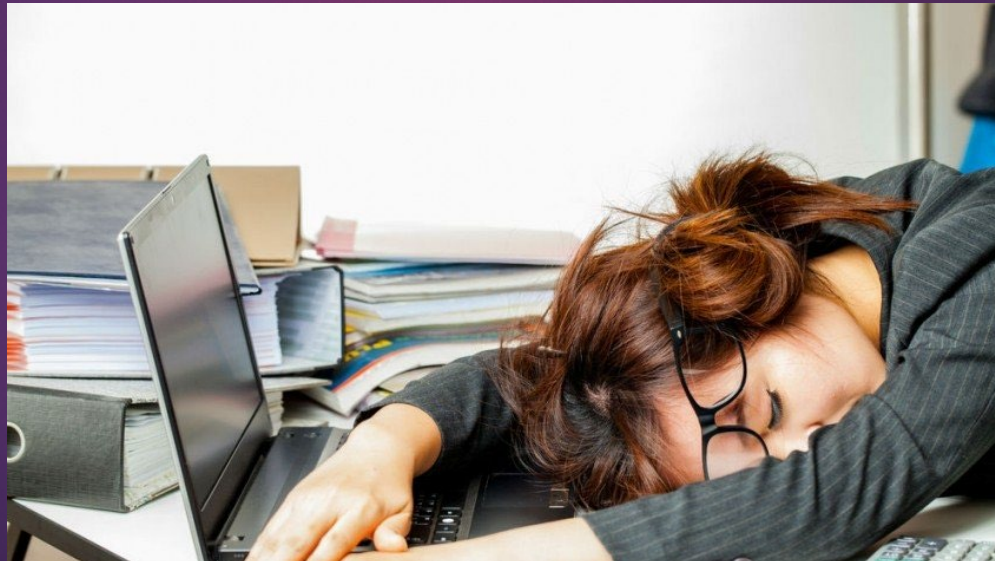
6. FUEL YOUR BODY & YOUR BRAIN

- ❖ Keep the fridge and cupboards stocked with healthy snacks
- ❖ Stick to a schedule
- ❖ Plan ahead and pack your lunch
- ❖ Focus on balance, variety and moderation
- ❖ Avoid extreme dieting
- ❖ Use smaller plates
- ❖ Keep a log
- ❖ Create a family friendly menu



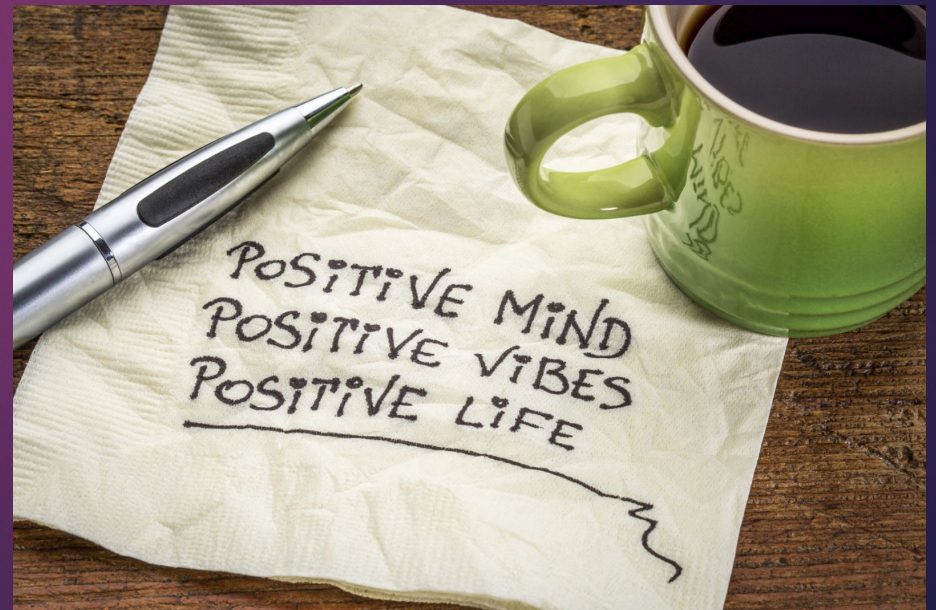
7. GET ADEQUATE SLEEP

- ❖ Know the benefits of sleep
- ❖ Stick to a schedule
- ❖ Aim for 7 – 9 hours of sleep each night
- ❖ Avoid caffeine, alcohol, sugar and nicotine before bedtime
- ❖ Fix any sleep issues
- ❖ Avoid napping and hitting the snooze button



8. KEEP A POSITIVE MINDSET

- ❖ Identify your main sources of stress
- ❖ Know your body's response
- ❖ Set positive goals and rewards
- ❖ Give yourself some praise
- ❖ Change your surroundings
- ❖ Limit media consumption
- ❖ Know your resources



9. BE SAFE

- ❖ Stay informed
- ❖ Know the signs and symptoms
- ❖ Clean properly
- ❖ Practice social distancing



10. STAY CONNECTED

- ❖ Team Time
- ❖ Schedule regular meetings
- ❖ Be available
- ❖ Engage your support network
- ❖ Learn something new
- ❖ HAVE FUN!



Stay Connected with Quest

www.myqueststudio.com

Text HEALTHYATHOME to 33777
to receive today's resources

Follow Me



@talia.walsh

@myqueststudio



@taliawalsh

@myqueststudio

Thank you for Joining Quest Studio!
Now ask me a question! 😊

Q & A

(Please type your questions in the chat box)

