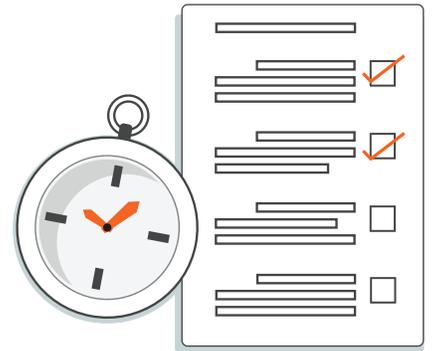


WORK FROM HOME TIPS

SET A TIMER

✦ “ I find setting a timer keeps me committed to finishing critical tasks more efficiently and helps keep distractions at bay. I also think it helps when taking breaks for a set period of time, so I can truly value every minute and spend the time on more meaningful activities. ”

- *Lindsey*



DEDICATE A WORKSPACE

✦ “ I don't have an extra room in my house for a makeshift office, so I've been using my dining room table. I've gotten in the habit of putting my computer and monitors away over the weekend so I can enjoy my space and not feel cluttered. It sounds like a pain but it is so worth it! ”

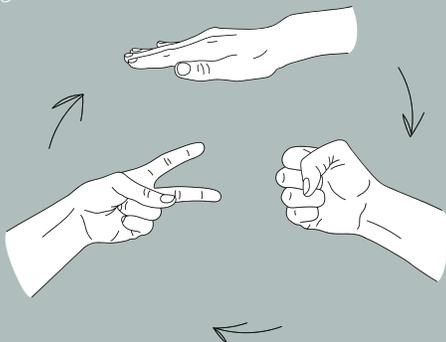
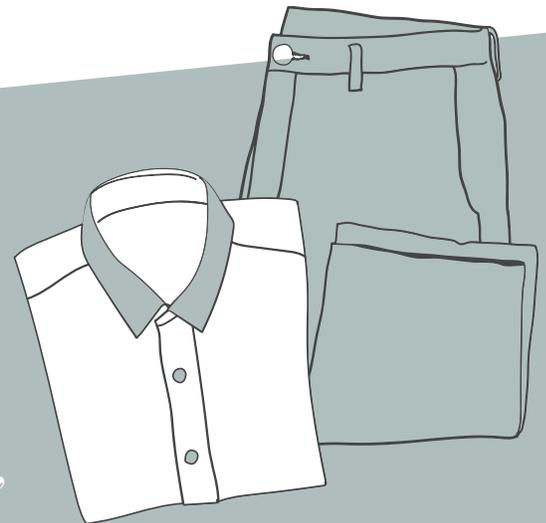
- *Mary*



HOP OUT OF THOSE PJ'S

✦ “ While most of the time I usually throw on leggings and a sweater to work, I have a ton of fun clothes in my closet that I rarely get the chance to wear, so I've been taking this opportunity to dust them off! It really helps boost my mood on the days I feel unmotivated. ”

- *Casey*



BONUS PARENT TIP

✦ “ Recommend diligently working on your rock, paper, scissors skills to outwit your spouse on whose Zoom call takes precedence during e-Learning Math sessions. ”

- *Sam*