

# STAYING HAPPY, HEALTHY, & CONNECTED

## *While Working from Home*

Life Reclamation Ideas from Organizing Expert Vicki Norris



### BODY



8 CUPS OF WATER

TAKE YOUR VITAMINS



FUEL WITH NUTRIENTS



STRETCH YOUR MUSCLES



REST YOUR EYES



### SPACE



STAND UP FROM SITTING

TAKE YOUR OFFICE OUTDOORS



PRIORITIZE FRESH AIR



WALK DURING CALLS OR BREAKS



PRACTICE GROUNDING



### COMMUNITY



GIVE HUGS

PLAY WITH CHILDREN & PETS



TUNE OUT NEGATIVITY



SCHEDULE SOCIAL INTERACTION



BE NEIGHBORLY

