



Telework

Prioritize Health and Wellness



Objectives

- Learn how teleworking and remote learning are impacting physical and mental health
- Discuss teleworking and its pros and cons
- Address how teleworking for adults and remote learning for students can cause stress
- Identify healthy and positive ways to combat stress as it pertains to virtual work and learning



Teleworking and Remote Learning

- Many people are accustomed to teleworking, while others are experiencing it for the first time
- Students all over the world are engaging in new learning formats and environments
- Adapting to our everchanging world can cause stress and strain physically, mentally, and financially
- Now more than ever, we need to prioritize our mental and physical health



Pros and Cons of Teleworking

Pros

- Increase in job satisfaction and company loyalty
- Reduction of exhaustion and work-related stress (more flexible hours)
- Reduction in commuting time and cost
- Freedom to work independently

Cons

- Increase in social and professional isolation
- Decrease in information sharing
- Difficulty separating work and personal time
- Possible lack of conducive workspace
- More distractions, interruptions, and new stressors



Pros and Cons of Remote Learning

Pros

- Convenience - students can utilize the internet to attend classes from home
- Students may have the opportunity to learn new technological programs
- Generally, a more flexible schedule for learning and studying

Cons

- Many students may find that they learn better in a face-to-face environment
- Technical difficulties – internet doesn't work, programs and websites can go down
- Less face-to-face social interactions with instructors and other students

The Stress of Teleworking

- For those accustomed to offices/workstations and co-worker interactions, working from home is a drastic change
- Even those accustomed to working from home may be facing new challenges
 - Partner now working from home
 - Children participating in virtual school
- Overlapping schedules and household chores can add to the stress





The Stress of Remote Learning

- Remote learning can be a challenge
 - Children adjust to new formats differently
 - Requires sustained attention that is difficult for young children
- Children generally learn better when actively engaged in environments where they feel safe and socially connected
- Parents should contact their PCP if they are concerned about their child's mental health
 - Emotional health affects academic learning



Tips for Managing Stress

- Develop a schedule
- Designate work/study space at home
- Stay physically active
- Eat healthy
- Avoid social isolation
- Cultivate a work/life balance
- Focus on the positive





Develop a Schedule

- Decide when to wake up, work, exercise, play, and enjoy leisure activities
- Establish rituals that help you define the beginning and end of your workday
 - Make your bed and get dressed in the morning
 - Change clothes and go for a walk after work
- Set a schedule with family members to ensure individual needs are met

Designate Workspace at Home

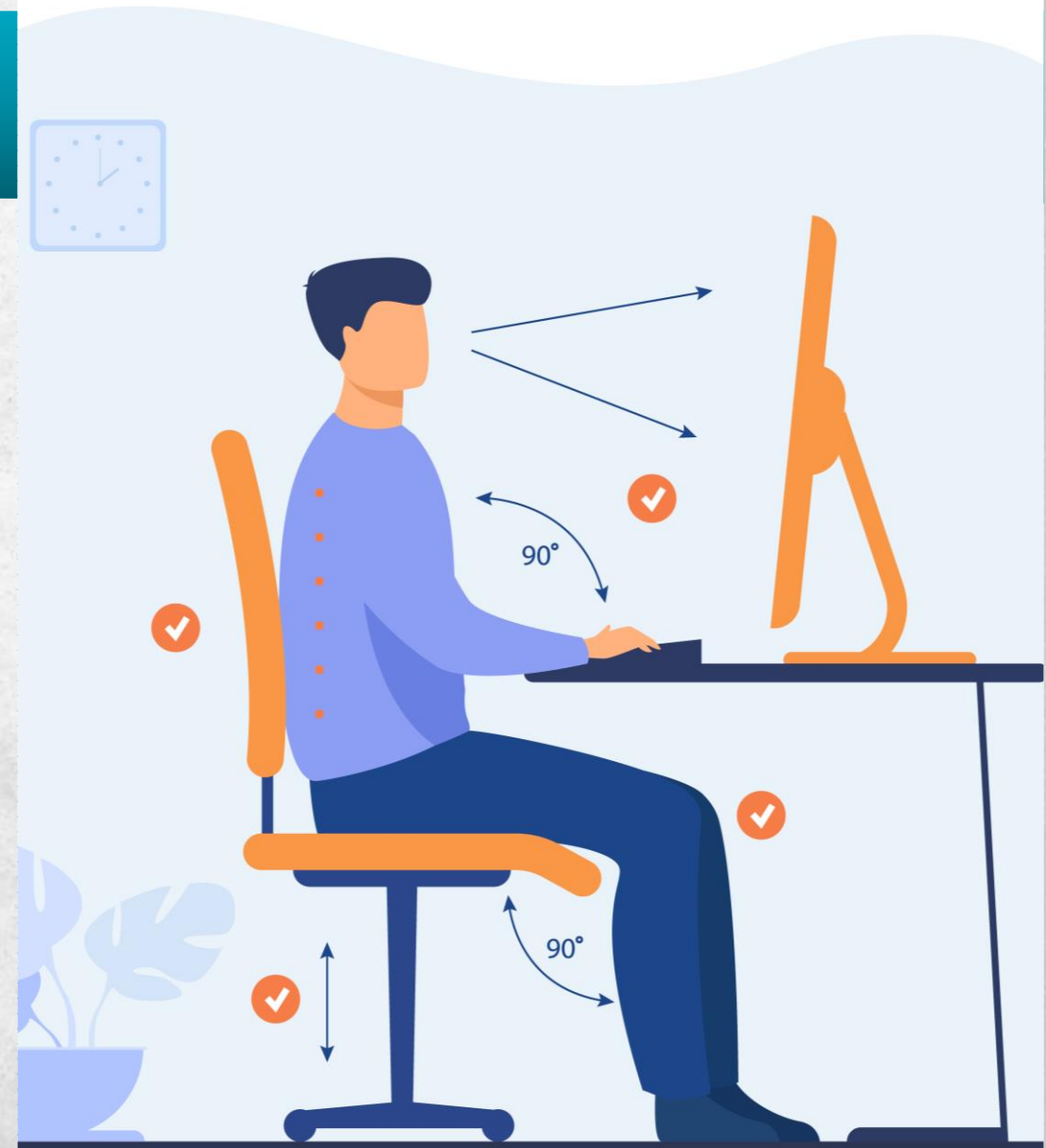
- Create a specific spot for work and/or study to help with concentration and productivity
- Move items that are frequently used close to the body to reduce overreaching
- Make sure your workspace has everything you need and is ergonomically sound

Designate
Workspace



Workspace Ergonomics

- Proper office ergonomics can help you and your joints stay comfortable at work
- Make your workspace comfortable by checking the position of the following items:
 - Chair
 - Footrest
 - Key objects
 - Keyboard and mouse
 - Monitor
 - Telephone
 - Desk



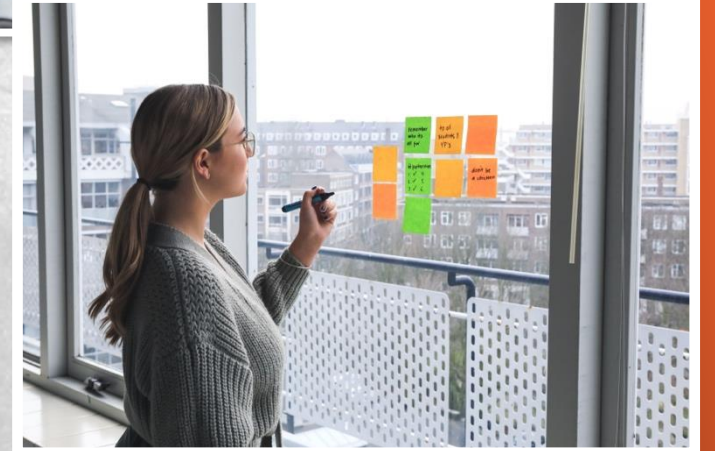
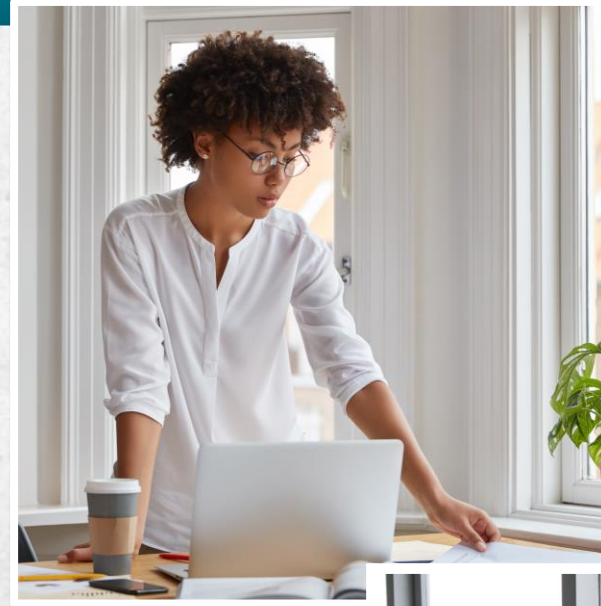


Stay Physically Active

- Incorporate physical activity into your day
 - Schedule exercise and stick to a routine
 - Aim for 150 min of moderate OR 75 min of vigorous intensity activity each week
- Exercise in your neighborhood, at local park, or at home with fitness apps or online videos
- Fancy equipment is not required to exercise
 - Sit-ups, push-ups, yoga, and many other types of exercise can be done with no equipment at all

Keep Moving While Working

- Get up at least once every hour
- Look for reasons to stand and move
- Move during work breaks
- Walk or move during informal discussions and brainstorming meetings
- Form a virtual walking club
- Trade commute time for exercise!



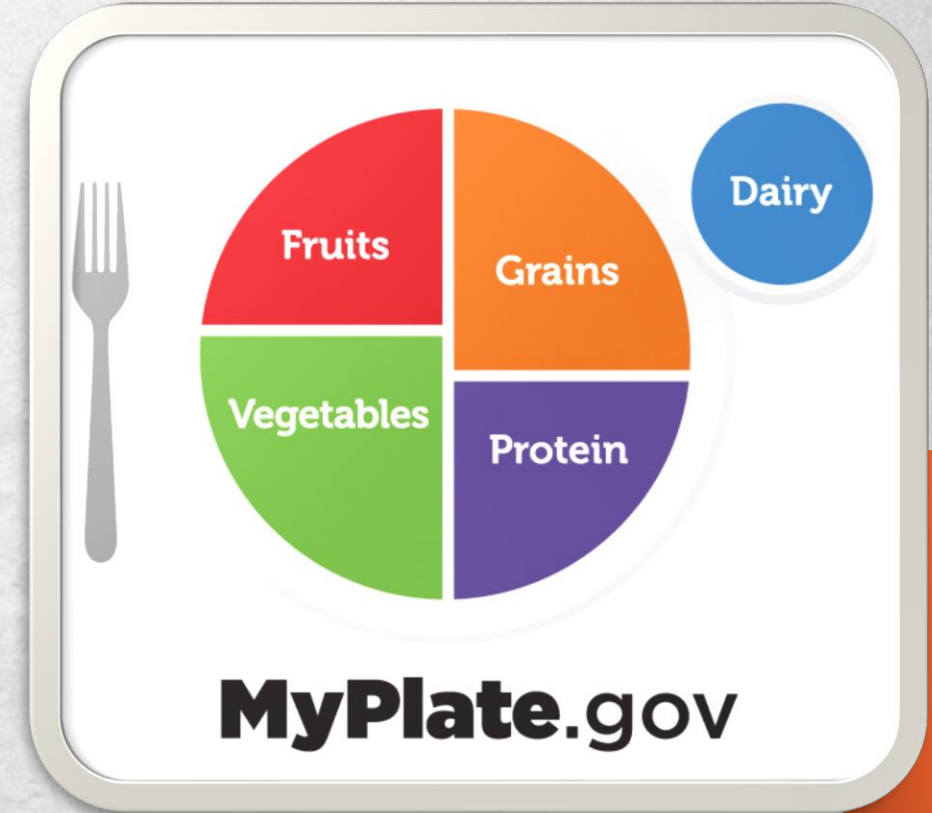


Get Active as a Family

- Lead by example and make physical activity part of your family's daily routine
 - Enjoy the great outdoors!
 - Play sports or other active games together
 - Plant a garden
- Children should get a minimum of 60 min of moderate-to-vigorous activity a day
- Regular physical activity can help improve the family's mental and physical health

Healthy Eating at Home

- Avoid excessive amounts of comfort foods, take out, and fast food
- Focus on nutritious eating with plenty of fruits, vegetables and lean protein
 - Fresh, frozen, and canned produce are all healthy options
- Refer to MyPlate for dietary guidelines, recipes, and tips for healthy eating





Healthy Eating While Working

- Don't work in/near the kitchen
- Plan your snack and meal times
- Don't skip meals/snacks
- Meal prep your lunches
- Focus on real food
- Drink plenty of water
- Avoid too much caffeine
- Don't buy junk food
- Practice mindful eating
- Pre-portion snacks and meals



Healthy Eating Tips for the Family

- Cook more meals at home
- Sneak vegetables into other foods
- Involve children in grocery shopping and meal preparation
- Find healthier junk food alternatives
 - Keep fresh fruit, veggies and nuts on hand for healthy and easy snacks
- Limit beverages and snacks to avoid filling up between meals



Avoid Social Isolation at Work

- Boost productivity and camaraderie by utilizing video calls and instant messaging
- Regularly check on coworkers who need social connection and support
 - Managers might consider regular check-ins with each staff member
- Find other creative ways to stay connected



Keep the Family Connected

- If you aren't seeing family and friends as often as you would like, connect with them through:
 - Phone call, text, video chat, apps, social media, and email
- Spend quality time with family
 - Do activities you don't always have time for – board games, puzzles, baking
 - Talk often, and share how you are feeling
- Explore resources available to children through their school



Find a Support System

- Stay connected with friends and family to help them determine if you need extra support during times of uncertainty
- Be open and clear about your needs
 - Ask about mental health resources in the workplace
- Talk about any fears, frustrations, or concerns you are having with those you trust
- Continue with treatment if you are being treated for a mental health condition

Cultivate a Work-Life Balance

- Treat work like work
- Develop a reasonable routine
- Set clear and defined boundaries between work and personal life
- Make a to-do list each day
- Talk to your manager
- Talk to your family
- Think before you send





Focus on the Positive

- Allow time for your own relaxation
 - Catch up on reading books
 - Learn a language
- If you have children, keep them busy and happy with creative activities
- Find things to do together as a family like game nights or going for walks
- Use this time to build deeper bonds with others



Additional Resources: Seek Out Available Support Services

Employee Assistance Program

Eligible for [[LIST ELIGIBILITY REQUIREMENTS HERE such as employees and their families or just employees, etc.]]

1-800-111-1111

www.WebsiteGoesHere.com

ADD ANY OTHER RESOURCES HERE

Eligibility requirements go here.

1-800-111-1111

www.WebsiteGoesHere.com

Services are available [[list when services are available such as 24 hours a day, 7 days a week]] to provide assistance.



Summary

- Teleworking and remote learning come with many benefits and challenges
- The challenges can bring about a lot of stress for both adults and children
- Engaging in regular physical activity and staying connected to others can help manage stress
- Taking advantage of available resources through work and school is important

Questions? Contact Us!



- Email
- Phone
- Website

