

STRATEGIES TO ACHIEVE WORK- AND HOME-LIFE COHESION DURING A GLOBAL PANDEMIC

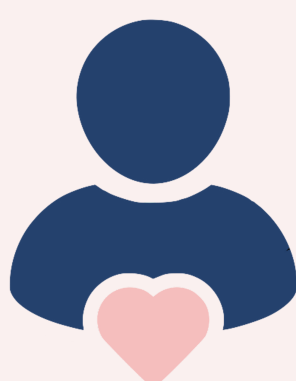
Many of us are accommodating our lifestyles to this new normal and may be ignoring our own needs and well-being in the midst of all these changes. These are some strategies to consider to ensure the boundary between home and work is not blurred to the extent that it might impact your well-being.



Designate a specific space in your home to work



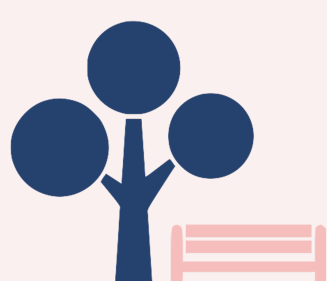
Avoid back-to-back Zoom meetings/appointments and schedule breaks in between



Practice self-kindness, self-compassion, and mindfulness



Find ways to safely stay in touch with those in your immediate circle



Explore ways to help yourself relax, such as staying active or sitting outside in silence and breathing in fresh air

