



The following tips will help you stay healthy and successful while you work from home

<p>Exercise</p>	<p>Participating in exercise naturally boosts mood by releasing endorphins, which are the feel-good chemicals in our brain. If you find yourself needing a mood booster, take a 10-minute walk or engage in some other type of activity to get the blood flowing and the energy going.</p> <p>UCR Recreation is offering live classes, access to fitness apps, cooking videos and more!</p> <p>Enjoy a free subscription to Wellbeats until April 30, 2020. No credit card information is required to set up. This is a great app with several channels – visit the Wellbeats Channels webpage. Please refer to the Wellbeats Free Access offer to learn about how to sign up along with the subscription code.</p>
<p>Create a Daily Affirmation</p>	<p>Identifying an affirmation is a way of providing yourself (and others) with emotional support and encouragement. A daily affirmation can also help establish a positive “vibe” or purpose for the day. Write down the affirmation and post it where you can read it and be reminded of the day’s focus. You can find inspiration from quotes, song lyrics, poems or spiritual verses.</p>
<p>Meditate</p>	<p>Meditating—even if it’s for just five minutes—has been shown to reduce stress and improve a person’s outlook. Find a quiet space, close your eyes, focus on your breath, and clear your mind of the day’s noise. Engaging in meditation allows you to reflect while finding peace and reaffirming your purpose.</p> <p>You are welcome to listen to audio meditation sessions led by Diane Del Buono, Associate of the Chancellor.</p>
<p>Unplug from Time to Time</p>	<p>Take a break from social media and the news. It’s easy to get caught up in all the unpleasant aspects of the modern world. If too much negativity is pulsing through your news feed – shut it off. Scrolling through social media is not a mental break; rather, it acts as a stimulant and can cause additional stress.</p>
<p>Practice Gratitude</p>	<p>Start or end your day by journaling three things for which you are grateful. By looking at the positive aspects of life, it’s possible to change your pattern of thinking, leading to a happier outlook on life in general.</p>
<p>Find Ways to Unwind</p>	<p>When stress is high and you feel overwhelmed, find an activity that you enjoy, can look forward to, and helps clear your mind.</p>

Here are some ideas to get you started

- Go for a walk
- Play or lean an instrument
- Watch a funny movie or TV show
- Do something active – dance, stretch, play with the kids or pets
- Catch up on in-home tasks that you have been putting off - cleaning the closet, organizing kitchen appliances, etc.
- Work on an art project
- Listen to music
- Cook healthy meals and snacks
- Write about your feelings and simple solutions to anything that could be a major stressor for you
- Take 3 to 5 deep breaths (or more), focusing on breathing into your belly button and making it rise and fall with your breath
- Read a book
- Meditate
- Clean and organize your home
- Relax and engage in self-care activities – take a bubble bath, massage

The key to optimizing the way you manage stress is to find what works well for you to manage your energy, time and current levels of stress, so have fun exploring these tips.

We hope you find these tips and resources helpful. UCR Healthy Campus and the Faculty/Staff Wellness Program remains committed to the health and well-being of the campus community.

If you have any questions or would like more information, please contact healthycampus@ucr.edu or wellness@ucr.edu.

Stay safe and healthy!