Welcome to Today’s Webinar!
If you have a question for the presenters, please type it in the Q&A. Questions will be answered at the end of the webinar.
Healthy Work from Home Habits

Presented by:

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and Healthy Campus Co-Chair
Working Healthy at Home

Get up and dressed for the day

- Follow your normal routine – get dressed, eat breakfast, workout, read the news, take a shower, put on make-up, etc.
- You don’t have to wear your normal work clothes but get out of your pajamas and into “work” clothes

Keep the same schedule as you would at the office

- Start by establishing one to two steps that signal you’re about to start your workday. A schedule should include work breaks and an end time. Shut down your computer, start on dinner or go for a short walk

Create a schedule

- Schedule your meetings, time to return calls, time to plan, etc
- For those with kids, schedule work time around their naps or play time
- Discuss any non-traditional hours (such as early mornings or evenings) with your supervisor if you need to take work time to focus on caring for elderly family members, children, or pet
Working Healthy at Home

Map out a home office

- Pick a spot in your home where you’ll work. Make it somewhere free of distractions. You will need more space than the kitchen counter.

- You should consider whether your space is ergonomically friendly. For virtual ergonomic consultations, please contact Dr. Clyde Blackwelder at clyde.blackwelder@ucr.edu.

Set boundaries

- This is a time where many are working from home. If other people are at home during the day, discuss with them the times you’ll be working and ways to minimize distractions by alternating work schedules and organize home and family responsibilities.

Connect Socially

- Some departments have started Zoom lunches or happy hours to connect back with coworkers during this time.

- Share healthy recipes, motivational quotes, tips, photos, reading lists, etc.

- Turn the video feature on in Zoom so you can see familiar faces!
Living at Home Healthy

Move More

- Aim for movement at least 30 minutes every day
- In addition to your daily exercising (e.g., walking, doing an online exercise video), take short stretch breaks
- If you have a virtual meeting, try a standing or walking meeting
- Fit in Fitness virtually. The UCR SRC has created a website with free online fitness workouts, tips, and resources to keep you moving. Choose from a variety of classes and try something new.

Meditation

- Use the time you would normally be commuting to start a mindfulness practice
- Even if it’s for just five minutes to reduce stress and improve your 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
- Feel free to listen to our audio meditation sessions led by Diane Del Buono, Associate of the Chancellor
Living at Home Healthy

Create a Daily Affirmation

- 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

Enjoy healthy meals and snacks

- Eat a wholesome, balanced diet focused on fruits, vegetables, whole grains, lean proteins and dairy (for those that eat dairy)
- Practice portion control and keep healthy foods visible
- Food is more easily accessible, and it is a great time to put your metabolism on schedule as well. Snack healthy and eat all three meals
- Need ideas? Visit our Healthy Campus Healthy Snack List.
Living at Home Healthy

Chose healthy foods that last

- **Fruits** - frozen, fresh or canned. If buying canned, aim for the fruits stored in their own fruit juice and not syrup. Buy some fresh produce and freeze what you won’t eat.

- **Vegetables** - fresh, frozen or canned. Frozen vegetables can retain close to 100% of the nutrients. Canned is better than nothing but search for ‘low-sodium option’. When buying canned, rinse before cooking to eliminate much of the sodium content.

- **Protein** – these include chicken breasts, steak or plant-based protein options like nuts, seeds and beans. Peanut butter is shelf stable for up to 3 months. Canned meats such as low-sodium chicken, tuna and salmon can be healthy option.

- **Grain** - Some intact grains such as oatmeal, uncooked brown rice and quinoa last longer that refined grains! Look for brown rice, whole wheat pasta and rolled oats at your next grocery store visit.

- **Dairy**. Dairy can last longer by freezing yogurt and enjoying as a refreshing treat. There are many plant based non-dairy options to give you a good source of vitamin D and Calcium. **Ripple Milk** is a great pea-based milk alternative that is high in protein, calcium and vitamin D. Milk alternatives can also come from nuts and oats.
Playing at Home Healthy

Unplug from time to time

- Take a break from social media and the news. Scrolling through social media is not a mental break; rather, it acts as a stimulant and can cause additional stress.

Practice Gratitude

- 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.

Social connection

- Take time to connect with your coworkers, friends, family, and loved ones through video chats, text messages, social media, email, instant messaging or phone.

Find Ways To Unwind

- When stress is high and you feel overwhelmed, find an activity that you enjoy, can look forward to, and helps clear your mind.
Here are some ideas to help get you started:

- Do something active – dance, stretch, play with kids or pets
- Work on an art project – draw, paint, build
- Read a book
- Play or learn an instrument
- Listen to music
- Meditate
- Watch a funny movie or TV show
- Cook healthy meals and snacks
- Relax and engage in self-care activities – take a bubble bath, massage
- Clean and organize your home
- Catch up on in-home tasks that you have been putting off – cleaning the closet, organizing kitchen appliances, etc.
Here are some ideas to help get you started:

• Video chat with friends and family
• Host virtual happy hours where everyone brings their favorite drinks and snacks.
• Host an online book club
• Host a “Netflix Party”
• Host an online scavenger hunt and give everyone a fun list of items to find in their house and “show off” what they find when time is up!
• Play digital board games together
• Practice your photography skills and share with friends
• Have an Online Karaoke party
• Watch a movie or show “together” via Zoom, Facetime Group, etc.
• Do a craft “together” via Zoom, Facetime Group, or Google Hangouts
• Send emails, notes, texts to your friends and family expressing gratitude and/or admiration
• Do a fun workout or dance class with your favorite instructor on Instagram Live.
Resources

Seek Help from UCR Mental Health Providers

UCR Staff and Faculty can contact: Faculty and Staff Assistance Program at (951) 781-0510 or (800) 266-0510 for confidential counseling, referral, or other resources.

CAPS: Students may contact Counseling & Psychological Services (CAPS) at 951-826-5531 to speak with a counselor.

COVID 19 Updates for UCR:
- ehs.ucr.edu/coronavirus

UCR Healthy Campus
- healthycampus.ucr.edu/

UCR Faculty Staff Wellness Program
- hr.ucr.edu/about-us/workplace-health-wellness/wellness
Discussion and Sharing

Let’s hear from you!

How are you staying safe and healthy during this time?

What resources do you like to share?
Thank you!

For more information contact Julie Chobdee at [Julie.Chobdee@ucr.edu](mailto:Julie.Chobdee@ucr.edu)

or visit our websites:

[healthycampus.ucr.edu/](http://healthycampus.ucr.edu/)

[hr.ucr.edu/about-us/workplace-health-wellness/wellness](http://hr.ucr.edu/about-us/workplace-health-wellness/wellness)