

BIG CONVERSATIONS

with

Small Talk

Staying motivated and productive
while at home

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- Wake up at a time similar to the normal day
- Get dressed and put on some "real" clothes
- Utilize schedules and planners to have consistency
- Take breaks to exercise on your own or with family
- Set your computer to focus assist to avoid distracting notifications
- Schedule meetings with coworkers and friends as frequently as possible while still staying on track
- Set aside time AFTER work to check social media
- End your work day on time, don't work extra just because you are "in a groove". Maintaining your consistent schedule is crucial
- Set boundaries with others in your home to make sure they are aware of when you are available and when you need to be undisturbed
- Take care of yourself! Find healthy activities to once the work day is finished

#smalltalkcares



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CHILDREN'S ADVOCACY CENTER