



3 Practices to Recharge and Support Your Mental Health

Tips for Remote Workers

For remote workers the line between work and other aspects of life can feel nonexistent. Smartphones and home offices mean we are always reachable, and it can be hard to strike a balance. The following tips can help you better integrate work into your life, reduce stress, and increase productivity, **improving your mental and physical health, and contributing to fulfillment.**

1

Practice gratitude.

Take note of the good things in your life. When you say thank you, think about what you are being thankful for. Redirect negative thinking to find a positive in negative situations.

Pause in the moment to acknowledge what you're grateful for.

Activities to practice gratitude include keeping a gratitude journal, saying "thank you" more, practicing a morning/evening gratitude routine, starting a gratitude jar, building a gratitude board, writing thank you notes, spending time with loved ones, volunteering, and smiling.

2

Practice Self-care.

Self-care is not self-indulgence; it's self-preservation. It's important to act the same way toward yourself as you would to others when you are having a difficult time, fail, or notice something about yourself you don't like.

Be kind to yourself and take time out to care for you. Eat a healthy snack. Enjoy a cup of tea. Make a list of things to be grateful for. Read a book. Take a stretch break. Walk outdoors. Call a friend. Light a candle. Turn off your phone. Meditate. Take a deep breath. Go to bed early. Journal your thoughts. Smile and enjoy what you're doing.

3

Practice Mindfulness.

Use a heightened state of awareness to bring about positive behavior change.

Being more aware of the world around you and issues troubling you means you can change them. Mindfulness can lower stress, restore emotional balance, increase resilience, and more. Take a moment to concentrate on the rhythm of your breathing, focusing on the five senses, detaching thoughts from emotions, and moving to strengthen the mind-body connection.



Remember that a healthy work-life integration involves establishing boundaries, allowing focused time for both your work and life outside of work.

WRMA empowers our clients with innovative solutions to create better futures for vulnerable populations. Learn more about us and our team of work-from-home veterans at www.wrma.com. Content for this tipsheet provided for WRMA by Asia Downer and Tasha Owens-Green.

