

# TIPS FOR SELF CARE

01

## You are not "working from home"

You are at home, during a crisis, trying to work. And it takes a toll. Recognize this and take steps to manage your mental health.

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02

## Your health is most important

Your physical, mental, and spiritual health are tantamount to anything. Ensure you have ample, regular opportunities for physical exercise and to maintain your emotional well being.

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03

## "Productivity" is relative

Don't compensate for 'lost' productivity by working longer hours. Institute a good daily routine and a consistent schedule, and follow healthy work-from-home strategies.

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04

## We will all cope in our own ways

Don't judge how well you are coping based on how others appear to be coping. Remember to be kind to yourself and give yourself the space and bandwidth you need to get through this crisis.

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05

## Seek connection, not criticism

Avoid criticism of others as you may not know what they are dealing with. Do your best to have empathy for others (even when they annoy you).

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06

## Success will be defined differently

Your team's success will not be measured the same way it was before. We must take time to provide calm leadership, communicate clearly, and provide guidance. It's easier to survive any crisis with clearly established and articulated goals.