

Self-Love Tips for Remote Working

- **Use the time you would have spent commuting to treat yourself**
 - Celebrate the fact that you are NOT on a crowded subway or stuck in traffic and repurpose the time to add joy into your everyday. Suggestions:
 - Prepare a delicious meal
 - Meditate
 - Take a bath
 - Do not underestimate the magic of a *morning* bath to start the day!
 - Do yoga/stretch
 - Go on a run
 - Write in your journal
 - Sleep in an extra 30 minutes
 - Listen to music and dance
 - Play a video game
- **Mark the beginning and end of your workday with a ritual**
 - This will help you transition into and out of the mindset you need to engage with colleagues and those emails. Suggestions:
 - Breathwork
 - Set a timer, breathe in for 3, hold for 1, out for 5, and repeat
 - Light a candle
 - Burn some incense or smoke medicine (sage, palo santo, copal, etc.)
 - Take a short meditative walk
 - Say it out loud, "Open/Closed for Business." Be silly, have fun.
- **Dress up**
 - Change out of your sleeping/lounge clothes and into outfits that you love.
 - Get ready for the day the way you would if you were going out to meet a friend you want to look nice for.
- **Prepare meals in advance**
 - This may be a no-brainer, but cook large pots of food over the weekend and/or in the evening so that you have a nutrient-dense lunch ready to eat in the middle of the day.
 - You might, otherwise, find yourself cooking several times a day or rummaging through the pantry for something quick and not-so-healthy to eat!
- **Be intentional about all of your time**
 - Schedule in breaks and create blocks of time for specific tasks (10am-12pm: Catching up on emails; 12pm-1pm: Lunch break, etc.).
 - Set rigid boundaries around when you are not available to do work-related tasks.

continued...

- **When you eat your meals, only eat your meals**
 - Take a moment to be fully present with what is going into your body and enjoy the flavors!
 - The emails and calls can wait 15 minutes...seriously.
- **If at all possible, designate one area of your home as a working space**
 - If you have limited space, this may end up being your kitchen, but the main principle is that once your laptop is closed for the day you'll want to be able to unwind into a different space that you do not associate with working.
- **If you are co-working with a partner, family, or roommates in a shared space ...**
 - Put on some headphones and listen to a [binaural frequency](#) (<< link)
 - They are wonderful for calming the nervous system and blocking out noise if someone else is taking a call.
- **Exercise ... more**
 - Staying in one place for most of the day can feel challenging in your body, so be uncompromising about your need for exercise and stay committed.
 - Online workout videos are great for this. There's a whole universe of free options out there!
 - [Short exercise videos](#) (<< link) are more likely to keep you committed to doing them regularly.
- **Open your windows**
 - Spring is upon us, open your windows at least once a day to clear stagnant air and energy.
- **Step away from your laptop and phone**
 - Create at least an hour in your day that is technology-free.
 - Whether you are cooking dinner or taking a walk (without your phone on you!) remember to take time to tune into yourself free from digital devices.
 - This will help you feel more connected to your emotional/spiritual/psychological state so that you can slow down and address any tender areas and prevent a sneak attack of anxiety!