

**SEVEN
SUGGESTIONS
TO RELAX**

**LESS STRESS
WHEN WORKING
REMOTELY**



**1. USE A COMPRESS
TO DECOMPRESS
RECLINE AND RELAX**



**2. TURN ON MUSIC,
TURN OFF THE TV
NO NEWS SHOWS**



**3. SCENTED CANDLES
AND OILS CALM US
AROMATHERAPY**

RELAX REMOTELY



**4. ARTS AND CRAFTS
DOODLE, DRAW, KNIT,
COLOR OR PAINT FOR
A FEW MINUTES**



**5. STRETCH YOURSELF
HAVE A YOGA MAT OR
EXERCISE BALL HANDY
FOR STRETCHING**



**6. LAUGH OR LOOK
WATCH A FUNNY VIDEO
OR GOOGLE AND VIEW
SERENE SCENES**



**7. FIDGET TOYS
KEEP YOUR HANDS
BUSY WITH A STRESS
BALL OR HAND TOY**



Breathe In, Breathe Out

This list could have been a lot longer and we left out a lot—breathing exercises, meditation, naps, tea, and pampering yourself with a home spa session to name a few. What we included were things you can do in just a few minutes with items you have on hand and in the house. We also included something for all of your senses. Enjoy.

