SEVEN SUGGESTIONS TO RELAX

LESS STRESS WHEN WORKING REMOTELY



1. USE A COMPRESS TO DECOMPRESS RECLINE AND RELAX

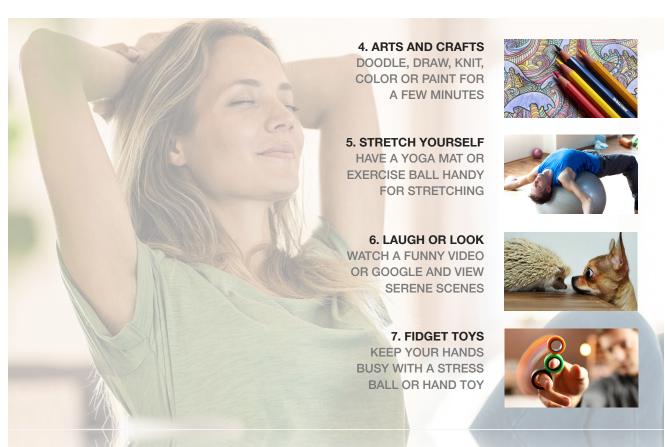


2. TURN ON MUSIC, TURN OFF THE TV NO NEWS SHOWS



3. SCENTED CANDLES AND OILS CALM US AROMATHERAPY

RELAX REMOTELY



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.