

# work well remotely

Healthy habits at home.



WORK WELL  
REMOTELY SERIES

*Working long hours and having a hard time shutting down?*

*Distracted by notifications and noise?*

*Do your daily steps consist of walking from your desk to the kitchen and back again?*

Working from home can be challenging, especially with distractions and temptations to **overwork and under-move**. Being productive, healthy, and focused doesn't have to be a **fight against willpower**. Routines can be your game-changer. With the proper habits in place, you can **get into the focus zone, keep your body moving, and work effectively** at home.

**Get the power-ups to find more balance, take care of yourself, and do your best work - virtually!**

Wow. SO many helpful suggestions. I can't wait to share these ideas with my brother, an art director who works from home. He's always so stressed out trying to be creative when he's constantly interrupted by people in the office. Thanks so much, Marcey!

- **Mary Parker Elliott**  
CPA, Austin TX

## LEARN HOW TO:

- ✓ **Set boundaries** for remote work interruptions and over-communication
- ✓ **Increase productivity** with creative movement and meal habits
- ✓ **Recharge your brain and body** at the beginning and end of your workday

**format:** Virtual or In-person

**length:** 45-80 minutes or part of the Work Well Remotely Series

## THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Work or manage people remotely
- Work from home or travel for business

PLAY VIDEO

