

Tips for Better Work/Life Balance while in Quarantine

Trying to adjust to the new normal? One of these tips from Chaffey's Caring Campus group might help.

- Treat the day like a "normal" work day – get up at the usual time, get dressed, etc.
- Make a schedule for the day – especially if you've got little ones at home with you
- Use headphones – another good one if you have little ones around
- Take breaks
- Stay connected through Zoom, phone calls, etc.
- Meditate, practice gratitude, do something you've never had time to do before
- Make your home workspace as functional and organized as possible (have supplies available, keep papers organized, move to a quieter location if possible)
- Keep your Chaffey spirit up by wearing Chaffey logo gear
- Take your lunch and use it to read a book, go for a walk, have lunch with your kids/spouse/etc.