

# Tips for Working From Home (From an Occupational Therapist)

by Melissa Christopher, OT/L

[www.stellartherapy.com](http://www.stellartherapy.com)

As an Occupational Therapist, it's my job to remind you to keep your occupational routines intact as much as possible. What does that mean? In this case "occupational" refers to how you occupy your time—your daily, regular activities that include work, leisure, and self-care. In order to maintain your sense of normalcy and your sense of wellbeing, here are a few suggestions.

## **Put On Clean Clothes Daily**

It's ok if they are pajamas or lounge clothes!

## **Stick to Your Hygiene Routine**

Complete your regular hygiene routine including applying deodorant, washing your face, and applying moisturizer. If you decide to change your time of day for things like showers, pick a new time and set it as your new routine from there on out.

## **Eat Lunch at Normal Time**

When working from home, it's easy to lose track of time—especially if you are used to working outside the home. Make sure to eat lunch at your usual time. Set an alarm if you have to!

## **Take Breaks**

Take breaks and walk around your home or neighborhood, especially if this is part of your normal daily work routine. Don't skip out just because you aren't at the office!

## **Designate a Workspace**

Choose a location in your home where you'll be working. If you live with other people, this will be a signal to them that you are "working."

## **Set Your Hours**

It's just as important to designate when you're "not working," which should be 16 or more hours/day. Balance and relaxation are important and healthy. It's important to keep a separation between the two during this time.

## **Exercise**

If you're unable to do your physical exercise in the same manner as before, work on a similar substitute that you can do at home. Keep it simple! Now isn't the time to begin a new and vigorous work out plan, as we're already under enough stress.

Overall: Relax, take it easy on yourself, and be safe.