

# 10 Ways to maintain your health (and spirit!) while working from home



In this interactive webinar, we will discuss the biggest challenges for teleworkers and share some specific strategies to address them.

In this handout you will find space to take notes and all the resources that will be discussed in today's webinar.

## Strategies and resources:

1. Make deposits in your sleep bank.  
Resources: Article: [ERS Get your shut eye article](#)
2. Create a comfortable work space:  
Resources: do a web search for creative ideas! Email pics of your creative work space to [wellness@ers.texas.gov](mailto:wellness@ers.texas.gov)
3. Schedule time for movement  
Resources: [DPS Daily Body Weight Workouts](#)  
DPS unconventional workout webinar Thursday, April 16<sup>th</sup>  
Register at: [10 a.m. link](#) or [12 p.m. link](#)
4. Eat your colors!  
Resources: [Eat More Colors Article](#)  
Learn about healthy lifestyle programs through your [ERS health plan](#).  
[Texas A&M Agrilife Extension recipes and cooking videos](#)
5. Plan your meals and snacks  
Resources: [DPS Snack matrix](#) and  
[DPS Quick & Easy Meal Prep Webinar](#)
6. Practice healthy habits, stack them before your existing habits  
Resources: [James Clear's article on Habit Stacking](#)
7. Put on work clothes, get out of pajamas
8. 10-15 minutes of meditation or stretching  
Resources: April 10<sup>th</sup> ERS Intro to Mindfulness webinar  
Register at [10 a.m. link](#) or [12:00 p.m. link](#)  
Article: [Being mindful about breathing](#)
9. Create a financial plan and budget  
Resources: Financial fitness for your future webinar April 15<sup>th</sup>  
[Registration link](#)
10. Stay connected with loved ones and have fun!

## Key Takeaways & Notes: