

Hi its Crystal Faria your EAP coordinator here at Center for Family Life and Recovery and I am live from my home office. Um and that's what I want to talk to you about today. A lot of us are working from home during the Covid 19 crisis and that's creating some stress we didn't anticipate, because work and home life are colliding. So I just want to give you some tips to help bring that stress level down. um A lot of things are out of our control right now but our space that we are working in and living in is, is really not. We can control that in little ways that can help us.

So one of the first ways am gonna suggest that you um help your stress level at home is to create a separate work space. And that work space is hopefully is in um you know maybe in the basement or you have separate bedroom or a spare room where you can create a workspace that's a little bit quieter um than the high traffic areas of your house. If you don't, if you don't have that space available um try to make your work space someplace in the corner of the room. The dining room table maybe or um a separate area in your living room that is a little bit more quiet.

um Don't and this is a biggie don't make your work space your bed or bedroom if you can avoid it or the place that you relax in your house. So you know, if you are always watching TV in the den don't make that where you do your work. What's going to happen is you're going to create um stressors nonverbal cues because what, what you normally do is you relax on the couch but now you are working on the couch. So when you go to relax after work is done your brain is going to go wait a minute, "am I supposed to be working or am I supposed to be relaxing", that and that can real up our stress levels in a way we didn't anticipate. So try to keep that relaxing space and that working space separate its goanna help promise.

um Another thing you can do to help from working from home is to stick to the routine that you have. So stick to your working hours. I know the flexibility work from home is great but if your flexing so much work time and life time that you always feel like you're working than you are actually creating more stress. So try to stick to the same hours you normally work 8:30 to 4:30-7 to 3 whatever they were and try to stick to the same routine. So for me I get up in the morning. I have my breakfast. I get my coffee. I take a shower. I get ready and I put on my work clothes. um whether I know, I know I could work in my pajamas but if I am working in my pajamas am telling my body its relax time. So I don't want, I don't want my brain to be thinking that way so I get dressed um more comfortably than I normally would but I still put on professional attire because that is cueing my brain and my body that its time to work. And then when I do have my pajamas on I don't feel or should I say my comfy clothes I don't feel like I have to work. um. So that can help lower the stress.

The other thing you can do and this is at the end of the day, is at the end of the day close your laptop shut off your computer and close the door to your work space. Shut it, because now that is a cue to your body and mind that you are done with work and you know you can concentrate on whatever you need to concentrate on at home and that may be kicking off your shoes putting on your slippers and sitting down on the couch for a little bit GREAT! It might mean a making dinner, It might mean you know chatting with someone on the phone it might mean taking a walk which is a great de-stressor to but the point is you want to have that cue to your brain to turn work off. Now if your working space is in a high traffic area um going to suggest you get a

little tub um so that you can put your lap top in it any work items that you have that you have had at the dining room table or where ever your little space is. Put them in the tub, Shut the lid and put it away. I mean it is a great way to a closure in your head about- work is done.so that the stress of work isn't always up here during the day or in the evening and it can lower and lower and lower so you can relax and that's what you want and that is going to create a healthier more or I should say less stress environment for work and life balance.

Thank you for tuning it um I just want to remind us all that we are in this together um we are all struggling in own ways but Center for family life and recovery is here for you and um if you do need help don't hesitate to reach out 315-733-1709 stay strong everybody we'll see you next time.