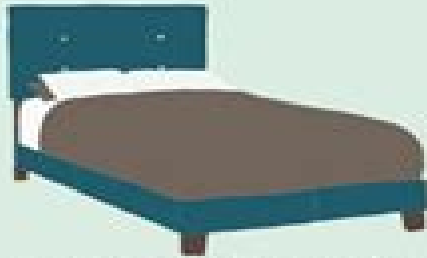


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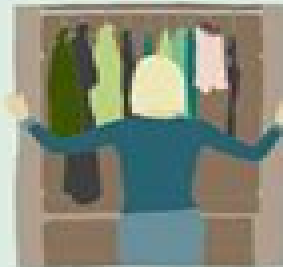
Create a designated workspace



Make a home-to-work "commute" like enjoying a cup of coffee



Use your breaks to get up and stretch



Change out of your pajamas and get ready for the day



Eat a real lunch and stay hydrated



Schedule time for live online workout classes



Have a clock-out time to avoid overworking yourself



Make time for self-care

# Health Guide For Survival

**Doan J. Hansen**



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