

Tips: Working from Home

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Agenda



Routines

A proper, healthy morning/night routine



Meals

Breakfast, lunch, & dinner!!



Spaces

How to separate your personal & work space



Studying Methods

Different ways to study & work more efficiently!



Environments

Daily dose of vitamin D, mental health, etc.



Tip #1

Routines

A proper, healthy morning/night routine



In the mornings...

- Get dressed! Don't work in your pajamas.
- Make your bed - you will be less likely to get back in it
- Do something for yourself before you start working
 - read a book
 - take a walk
 - drink coffee/tea outside
 - yoga/meditation
- Avoid screens since you look at one all day for school



In the evenings...

- Electronic curfew
 - Avoiding screens for 30 min to 1 hour before bed
 - Benefits: makes it easier to fall asleep, and will improve sleep quality
- Set an alarm on an alarm clock or another device
- Put your phone away from your bed



Sample Morning/Night Routine

6:00 am	7:00 am
Wake up	Breakfast
Bathroom	Attendance
Get dressed	School Prep
Yoga	...
Drink water	...

9:00 pm	10:00 pm
Put phone away	Bed time :)
Finish work	zzz
Read	zzz
Bathroom	zzz
...	zzz

Have a consistent sleep schedule

It doesn't have to be perfect, but try to go to bed and wake up around the same time when you can



6:00 am

Wake up

Give yourself enough time to prepare for the day



10:00 pm

Go to sleep

This allows for eight hours of sleep :)



Tip #2 Meals

Having sufficient and healthy
nutrition



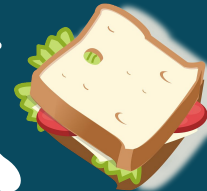
Breakfast

Start your day with a nutritious breakfast to make sure you're energized!



Lunch

Give yourself a good lunch after all that school work.



Dinner

End the day with a dinner that will keep you sleeping like a baby.



Tip #3

Spaces

Separating your “work space” and
“living space”



Utilizing Spaces

- If possible, try working in a different room than your bedroom
- A change of space can help stimulate your mind and increase focus
 - try working in your dining room/living room
 - do school/work from your desk (NOT in bed).



Work vs. Relaxation Spaces

- Designated spaces for “work” and “relaxation”
 - “relaxing” space - more likely to feel tired & less likely to focus
 - “Work” space - focused environment, more likely to be productive

*Try leaving your phone in another room so you’re less likely to get distracted





Tip #4

Studying

Different methods to be productive



Study Methods



Pomodoro

25/5 min

Intervals of work
with short breaks



Apps

Stay focused

Apps like Study
Bunny or Forest



Flash Cards

Memorization

Physical cards or
Quizlet



Active Recall

Retrieve Info

Test yourself
periodically



Tip #5

Changing Environments

Daily dose of vitamin D, mental
health, etc.



Leave the house!!



Take a walk!

Get Vitamin D,
clear your head



**Go to the
store!**

Be somewhere
new & essential



Go biking!

Get some cardio
and sun in :)



Make sure you always get that self care in whatever way you can!

Thanks
for
watching!

