Working from home can be challenging. In the office, our coworkers help keep us motivated and our attitudes positive during difficult times. Here are some ideas to help keep your spirits up while working from home!

**HOW TO STAY MOTIVATED AND POSITIVE while working from home**

- Listen to your favorite songs while you work
- Take a break to look at your favorite family photos
- Recharge in some fresh air by working outside
- Find an inspirational quote to keep near your workspace
- Give your pet a hug or a little extra attention
- Stand up or stretch often to help relieve tension