



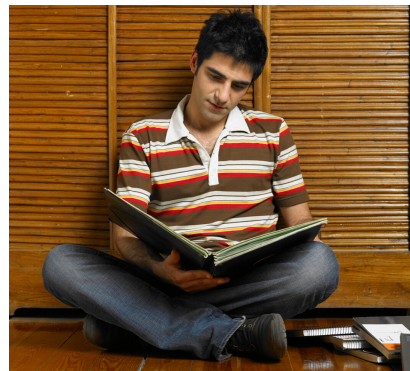
HOW TO STAY MOTIVATED AND POSITIVE

while working from home

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!



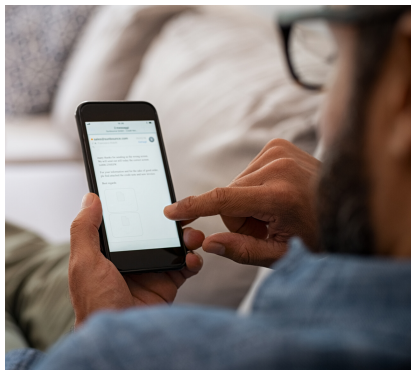
Listen to your favorite songs while you work



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