



Work from Home During COVID-19

Sodexo Health & Well-being 2020

Tips On How To Work From Home



- Get up at a similar time as if you were going to the office
- Get ready and do your usual routine – workout, shower, breakfast, etc.
- Get dressed –into something other than PJs
- Schedule breaks
- Get outside at least 30 minutes daily
- Take lunch and snack breaks
- If your kids are home with you, don't be hard on yourself if you don't get as much done as you would have liked

Working From Home With Kids



- Write down a schedule for older kids
- Designate an area in the house for school work
- Find teaching moments in activities around the house
- Place a basket on counter with each kids' snacks for the day. Once the snacks are gone, it doesn't get refilled until the next day. This helps kids eat only when hungry and prevents you from staying in the kitchen all day

Aim for
7-9 hours
of sleep each night.

Go to bed and wake up
at the same time every
day, even on weekends.



Avoid distractions such as
cell phones, computers,
and televisions in your
bedroom.



Avoid long naps
(over 30 minutes)
in the late
afternoon
or evening.



Find ways to relax
before bedtime each
night.



Don't eat large meals,
or drink caffeine
or alcohol late in
the day.



Exercise at regular times
each day, but not
within 3 hours of
your bedtime.



Unit Managers Support

- Support your teams by walking them through Health and Wellness breaks at the beginning of their shift (link in previous slide titled “Well-being Breaks”)
- Be flexible and understanding
- Provide a sense of normalcy in their life since it is unlikely they are getting that outside of work
- Allow employees to purchase meals to bring home to family at a discounted rate if possible
- Share Sodexo resources available in this deck and on Sodexo_Net

Remind everyone to breath. There are few things we can control during this time. Focus on what we can do and the job that needs to get done.

Resources to help you get through COVID-19

- [Well-being Breaks](#)
- [Learning Modules on Ingenium](#)
- [Tips for Stress Relief](#)
- [Positive Mantras](#)
- [Think Positive Cards](#)
- [Live in the Moment](#)

Sodexo COVID-19 Hotline Number 844 SODEXOC (844-763-3962) available 24/7

[COVID-19 Resource Page](#)

If looking for additional Health & Well-being resources, check out [Nutrition, Health & Well-being](#) on Sodexo Net

Contact jacquelyn.womble@sodexo.com with special requests