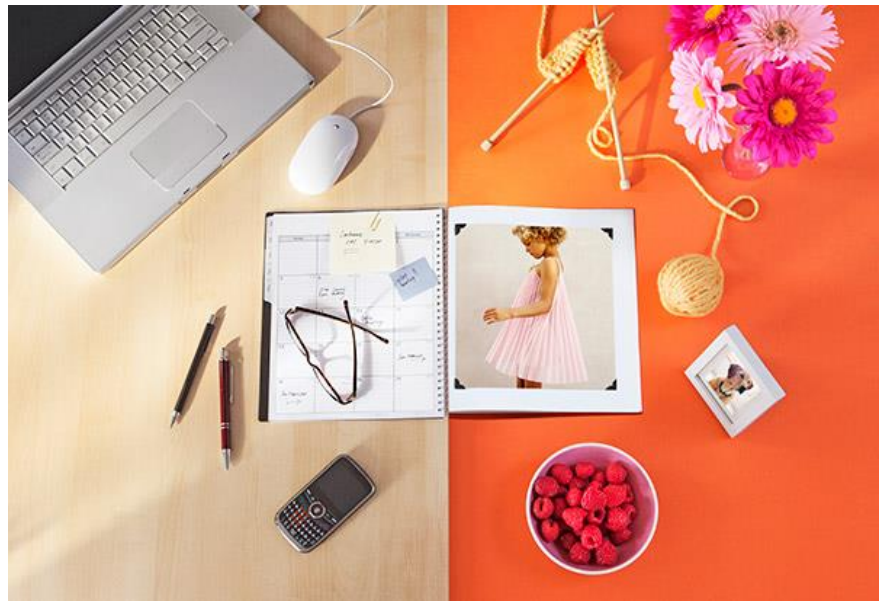




THRIVING FROM HOME DURING COVID-19

During this unprecedented time, we find ourselves challenged emotionally, physically, and intellectually in an ever-changing environment. Our world now has borders that end at our property line or within the walls of our living space. Achieving balance in our



lives while being confined to our home environment can be overwhelming, but amid COVID-19, many individuals are finding ways to thrive within a new normal. Below are a few tips from our partners at Hilton for brightening your days and staying productive at home.

- No matter how large or small your home, carve out designated areas for work, family, meals, activities, and rest. The areas should be designed to trigger your mind to adapt to the various surroundings, and setting a routine that utilizes your space will assist in balancing your day.
- Maintaining your mental wellness is essential. This may require you to think a bit differently about how you structure your day, as work and personal lives can tend to blend during these unusual times.
 - [This article](#) from the Harvard Business Review provides insights on the importance of establishing new rituals and routines since our lives have been upended by the current crisis.



- Meditation has shown to reduce stress, improve concentration, boost self-awareness, encourage a healthy lifestyle, and increase happiness. Below are a few stress prevention and beginner meditation tips to try:



1. Find a quiet place where you won't be interrupted
2. Sit upright in a relaxed but alert position, or lie down on a floor or mat
3. Keep your eyes open or closed—your choice
4. Focus on your breath and breathe in and out naturally
5. If your mind wanders, bring your attention back to focus on your breath
6. Continue to focus your attention on breathing for two, five, 10 or 30 minutes

- If mental exercise and meditation aren't your thing, try some physical exercises that can be done from home:
 - Do virtual yoga or stretching with a group of friends.
 - Download a free mobile workout app to try new exercises.
 - Add floor exercises, squats, or jumping jacks as you move through your household chore routine.
 - Look for at-home exercises online on sites like YouTube.
- Stay connected to coworkers, clients, friends, and family. Connecting has been made easy with platforms like WebEx, Zoom, GoToMeeting, SMARTmeetings, and FaceTime.
 - Netflix Party offers a way to host a movie night with friends, along with the ability to synchronize video playback and participate in group chats.
 - Consider virtual friends or family happy hours, dinners, and game nights.
 - Enjoy karaoke with friends by using apps like Yokee or StarMaker.



- For parents with children at home, there are many free resources available online to keep your child active, including interactive learning and [virtual tours](#) of parks and museums.
- Be mindful about what you are eating, as it can impact production and how you feel both emotionally and physically. To maintain positive eating habits, consider using smaller plates for portion control, reduce refined and added sugars, stop eating two or three hours before bedtime, or try recreating at-home recipes from Hilton's [Meet with Purpose menus](#).



Establishing routines, trying new mental or physical exercises, and exploring free online resources can help you stay busy, productive, and fulfilled while adjusting to spending more time at home. Use these tips to keep balanced while staying healthy and safe!