



Commuting from the Bed to the Couch: Ways to cope with a loss of routine

- **Maintain daily habits**

You may be commuting from the bed to the couch, but maintaining daily habits helps provide structure when there is so much out of our control. Continue to set your wake-up alarm and make coffee/breakfast. Shower, set up a physical workspace, and make a to-do list.

- **Look the part**

Though it's tempting to stay in comfy PJs all day, get ready as if you were going to be at the office-- shower, get dressed, shave, take care of your hair/skin. We have to look like a professional to feel like one.

- **Care for your body**

When we move our body, we produce endorphins in our brain that act as natural painkillers and improve sleep, in turn reducing stress. Get outside and take walks, or find a workout video you enjoy and try to fit it into your routine (there are a lot of free streaming options out right now!).

- **Care for your mind**

Psychological and spiritual self-care is more important in times of crisis than ever. Connect with others by Zooming with an old friend, find sources of inspiration through an uplifting documentary or podcast, or schedule a teletherapy session with one of our counselors at <https://www.cccofva.org/counselingservices>.

- **Maintain boundaries**

It can be easy to fill the new empty space in your personal calendar with work. Maintain a distinction between time for work and time for leisure. Set reminders to take breaks, and let colleagues know when you will be unavailable.

- **Find a group**

Social distancing can be isolating. If you are used to working with a team, continue to communicate with them via platforms like Slack, MS Teams, or Zoom. Even if it's with a group of friends or acquaintances, being part of a group that holds each other accountable and commiserates helps us feel less alone.

- **Lastly (but most importantly), be gentle with yourself**

Remember: "You are not working from home. You are at home during a crisis, trying to work."