5 Tips
for Self-Care of Virtual Workers

5 Development Goals

This is a great time to work on professional development goals that can be accomplished online. There are many great resources for short courses on a variety of topics if you want to brush up your skills.

1 Create The Right Workspace

Your workspace should be ergonomic and comfortable with appropriate lighting, a comfortable chair, etc. Surround your space with pictures or décor that make you happy and reflects your personality.

4 Remember to Take Breaks

Just like at a physical office where you might go to the breakroom to get a cup of coffee, make sure you step away from your computer for a few minutes a couple times a day. If you have trouble remembering, set reminders on your phone.
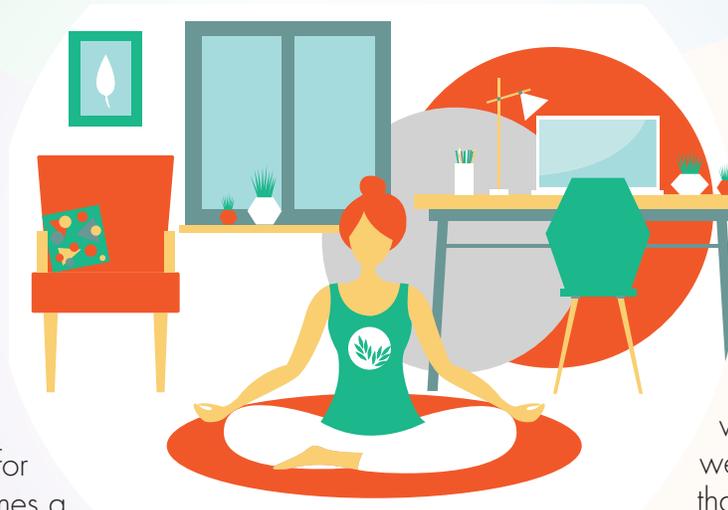
2 Make time for an Exercise Break

It doesn't take much to add a workout to your day. There are many free workouts available online as well; several of which are less than 10 minutes. Don't forget about walking outside on a nice day!

3 Stay Connected

Reach out to co-workers via text or social media to stay connected. Allow time for a reasonable amount of chit chat. Quick chats about something personal can be an effective way to strengthen working relationships and feel socially engaged.

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