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TIPS FOR WORKING FROM HOME

Knowing how to stay focused and be productive



1. Continue your morning routine
 - Get dressed, eat breakfast, coffee, etc.
2. Create a comfortable office space
 - Ergonomic chair, desk, do not use bed or couch
3. Schedule breaks
 - Get up and stretch or walk around the house every hour
 - Take your normal scheduled breaks and get outside if you can
4. Continue to socialize with colleagues
 - Over communicate with colleagues, as working from home can be lonely and things can be unclear when not speaking in person
 - Use Zoom, Teams, E-mail, texting, phone calls to effectively communicate

<https://www.inc.com/lindsey-pollak-eileen-coombes/remote-work-home-productivity-communication-self-care-morale-team.html>

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Health & Wellness Center
Center Hours and Services

Need Medical Consultation?

Our Medical Doctor and Nurse Practitioner are here for you! We are open Monday-Friday 9am-4:30pm via phone and Zoom conference for current registered students. For more information and to schedule an appointment, call the **Nurse Advice Line (949) 451-5687!**

Stressed? Anxious? Need to talk to someone?

Mental Health Therapists are available for current registered students! Our team of highly qualified therapists are available via Zoom conference. For more information and to schedule an appointment, call the **Nurse Advice Line (949) 451-5687!**

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HEALTHY SNACKING

TIPS FROM IVC HEALTH & WELLNESS CENTER'S DR. MOSCARELLO



Things to Remember:

1. Make sure portion size is not so large that your snack becomes a meal
2. Your snack should have nutritional value and not consist of empty calories
3. Each snack should contain some protein, fiber, and antioxidants/nutrients
4. Don't snack more often than every two hours between meals

Healthy Snack Ideas:

1. Apple slices with almond butter or sunflower butter
2. Avocado on "Dave's 21 Wholegrains and Seeds" bread (or Ezekiel bread)
3. Hummus and carrots or cucumbers
4. Handful (1/4 cup) of nuts
5. ½ cup raspberries and one "lite" cheese stick
6. Cottage cheese with handful of blueberries
7. One hard boiled egg and sliced tomato