

Working from home: Make it fun!

Location, location, location!



Avoid working from your couch or bed

Find yourself a dedicated and comfortable spot to work that you can associate with your job and leave when you're off the clock



Spice up your routine

Change out of your home clothes and into your work outfit before you begin work



Plan your work before you start the day. Have your to-do list or target sheet in front of you
Prioritize your tasks for the day



Keep a calendar in a prominent place and make a note of the day and date before you sit down to work

Kindly contact us for further assistance with our Clinical Psychologist

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