

Working Remote

COVID 19 Principles



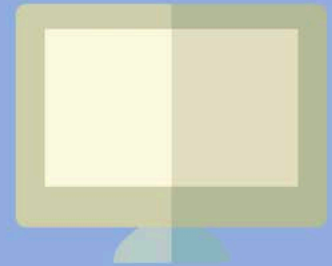
Breathe

You are **not** working from home. You are at home, during an international crisis, trying to work.



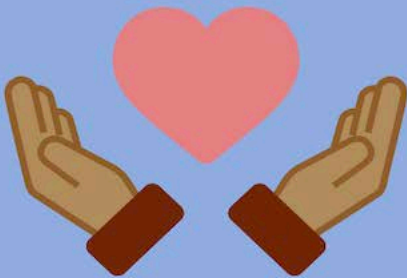
Health

Your own physical, mental, and emotional health is far more important than anything else at this time.



Productivity

You should **not** try to compensate for lost time by working longer hours; maintaining a healthy work/life balance is important.



Be Kind

Be kind to yourself and others. Do not judge how you (or others) are coping. Remember, everyone struggles differently.



Success

Your success will not be measured the same way it was when things were normal. Be sure to celebrate even the smallest successes.



Embrace Failure

Your learning curves may be steeper than usual. Be sure to use your failures as a positive learning experience for growth.