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.