



COVID-19: Healthy Habits While Working from Home

In the midst of a global pandemic, many people now find themselves working from home. Working remote has advantages and comforts, but without structure, working from home can become a real challenge. Foregoing meals in favour of a regular stream of coffee and snacks may seem tempting at first, but won't leave you feeling your best at the end of the day. Stay healthy in mind and body by creating a schedule to keep your diet and your day structured when you're working from home.

5 Healthy Habits While Working from Home:

- 1. Batch cook:** Get your week off to a good start by cooking in extra large batches. You'll have workday lunches ready to go, and dinner for days when you're low on fuel or want to dedicate time to another activity. Keep it interesting by cooking one base ingredient that you can use in different recipes, like seasoned beans or ground meat for chili and taco salad.
- 2. Get a fresh start:** Aim to start every morning with a short walk so you get out of the house, just like if you were going to work. Stick to your weekday breakfast routine to help you gear up for your work day. If you normally eat on the go, take advantage of being home to whip up a quick, healthy breakfast like scrambled eggs with avocado slices or yogurt with nuts and berries.
- 3. Pack a lunch:** Good news! Packing a lunch just got easier. Working from home, no need to worry about sauces spilling or soups leaking. Although you don't need to pack it in your bag, it's a good idea to have a lunch prepped ahead of time. It will help you stick to your work schedule, and may free up some time on your lunch hour for a dose of sunshine. If you typically eat out for lunch, this is a great time to learn a new healthy habit. Keep some options in the freezer for busier days when you don't have time to prep your lunch.
- 4. Take time for tea (or coffee):** Keep your breaks structured to stay productive and avoid distractions at home. Schedule time morning and afternoon to get something to drink or a snack, and aim for some social interaction too. You won't be chatting at the water-cooler, so time up your breaks with your spouse or roommate, or take virtual breaks with family, friends or chummy coworkers. When you're ready to get back to work, leave the snacks in the kitchen so you don't end up munching mindlessly.
- 5. Keep up with the kids:** Working from home with kids in the house is a challenge. Giving them a list of activities they can do on their own and arranging virtual playdates can help keep them entertained. In the evenings, get them involved with lunch prep for the next day. They'll learn valuable skills and be more receptive to eating their lunch that they helped make themselves.

Staying mindful of structure will help keep you on track with healthy habits while you're working from home. If eating well is a struggle for you in times of stress, your dietitian is here for you. By phone, your dietitian can offer you guidance around meal planning, healthy eating tips, or strategies to stay fit while working from home.

Your [Employee or Student Assistance Program](#) can help. Aspiria's Nutrition Counselling services provides over-the-phone consultation with a Registered Dietician who can assist you in planning and preparing meals that keep you and your family nourished and feeling comforted during these challenging times.