**Tips for working at home**

* Structure your time, and that of the others in the household – work, play, organize spaces, Spring cleaning early!
* Create a “to-do” list of tasks you wish to accomplish today, for everyone. Teach how to create to do lists.
* Try to have set “work spaces” that allow for minimal distraction free work efforts.
* READ those professional journals that you have tossed to the side; attend on-line classes of interest
* Utilize the time at home to tackle all of the various work based projects that you didn’t have time to do normally (clean up the PPT lessons, update curriculum, create rotation introductions, review instructional videos for the various procedures, etc.)
* Allow for family time to reduce social isolation. Play. Live in the moment.
* Create online professional communities to stay connected
* Exercise and get some sunshine
* BREATHE! This too shall pass and we will all be back to the normal grind soon enough.
* Below are some websites that have some additional tips for stress management in while working from home under circumstances of ambiguity:

	+ <https://www.verywellmind.com/the-stress-of-working-from-home-4141174>
	+ <https://www.prevention.com/life/g26024663/work-from-home-tips/>
	+ <https://high5test.com/uncertainty-relieve-stress/>
	+ <https://3plusinternational.com/2016/11/7-ways-handle-ambiguity-in-the-workplace/>