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WAYS TO STAY HAPPY
WHILE WORKING REMOTELYSimple things you can do to uplift
your mood while working remotely

Use natural light

Sunlight triggers the brain to release the serotonin hormone. It helps you feel calm, focused, boosts your mood and reduces anxiety. Put your desk near a **window**.

Draw the curtains back fully to let the light in. **Use mirrors** to bounce light around the room. Rooms with white or light color walls reflect the light well.



Bring in nature

Looking at natural objects, like plants, can give your brain a break or a series of micro-breaks. This can improve your attention, memory and

sleep. **Have a small plant within your eye sight**. Choose plants that are less likely to cause allergic reactions to your family members, house mates and pets.



Declutter

Clutters can over-stimulate your brain and raise the level of cortisol - a stress hormone. High level of cortisol, in a long term, can

lead to headaches, anxiety, sleep disruptions and depression. **Tidy up your work area and home**. Use proper storage boxes to sort out your items. Donate or give away items that you no longer need.



Reduce the noise

Noises can distract you from work. Sharp noises trigger parts of your brain to send distress signals. This, in turn, pumps more adrenaline to your blood and raises your

blood pressure. **Place your desk in a quiet room**. Use soft furnishing, thick carpets and heavy curtains to absorb the sound. To block out the noise completely, use ear plugs or noise cancelling headsets



Move around

Exercise is a natural anti-anxiety treatment, stress relief, energy boost and enhances your wellbeing through

the release of endorphins. **Take regular breaks and go for a walk, it's a good way to decompress. Integrate exercises into your daily schedule** and make an explicit effort to complete them.

Socialise
safely

Come up with **creative and safe ways to socialise in real life** e.g. talking with your neighbors over the fence or meeting your friends for outdoor walks (with safe distance and mask wearing). **Always remember to follow safe distancing measures advised by your local authorities.**