DO’S OF WORKING REMOTELY

REMAIN CONNECTED WITH YOUR TEAM

STAY ORGANIZED WITH A “TO DO” LIST

TAKE A STRETCH BREAK EVERY 2 HOURS

EAT LUNCH AWAY FROM YOUR DESK

UPDATE YOUR AVAILABILITY STATUS

EXPERIENCING DEPRESSION, ANXIETY OR INSOMNIA?
CBRE’s Online Cognitive Behavioral Therapy (CBT) can help!
Trained counselors are available over the phone 24/7.

VISIT: https://cbre.ontobetterhealth.com/