

DAILY 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/>