Environmental Well-Being

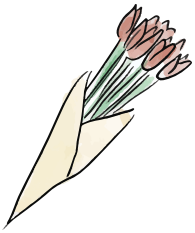
Good health by occupying pleasant, stimulating environments that support well-being* *during COVID-19*

Tidy / organize at least one room at home for comfort / feelings of calm.

De-clutter your home or work space.

Play music.

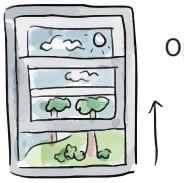
Rearrange your furniture to make your space look and feel completely new.



Add fresh flowers to your grocery list.

If working from home, try to create an office / work space, so you can set a work mindset and take breaks from work.

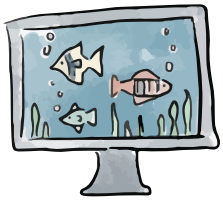
Check out your office ergonomics (article from University of Guelph here).



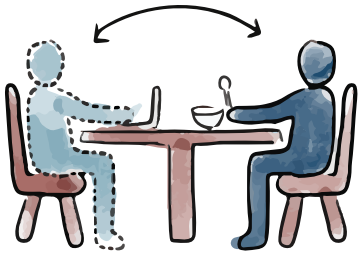
Open a window for some fresh air.

Light candles.

Diffuse essential oils for a pleasing scent.

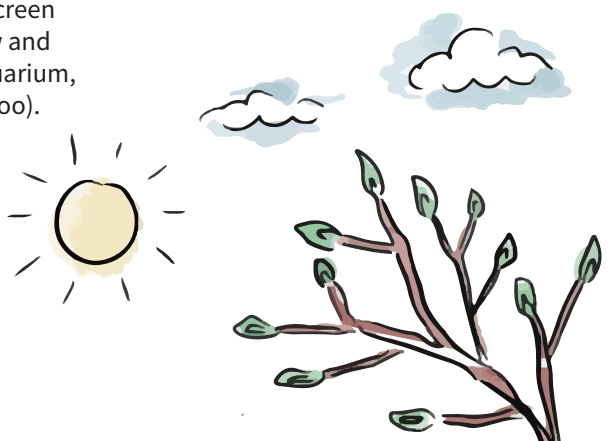


Change your computer screen savers to something new and visually appealing (e.g. aquarium, fireplace, livestream a zoo).



Move to different areas when studying / working (even just change which seat you sit in at the table).

Change your bedsheets.



Go for a walk outside and notice the spring buds (bonus points for picking up litter!) - just remember physical distancing rules!

* Swarbrick and Yudorf, 2015

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