



## Socializing and Working Remotely Tips

*The health and wellbeing of our NSCAD community is our top priority. We understand that the social distancing measures that are currently in place and the ongoing uncertainty of COVID-19 are incredibly challenging, here are some tips to help you maintain overall health and wellbeing during these unprecedented times.*

### Stay connected

Now is the time to make best use of social media apps for communicating with loved ones. FaceTime, phone or text your friends and family to check in. Engage with your co-workers or peers as you would in an office setting or classroom throughout your day.

### Stay informed, not overwhelmed

Keep up to date with general COVID-19 changes with reliable sources like: [novascotia.ca/coronavirus](https://novascotia.ca/coronavirus). Staying informed with the basic information you need to keep yourself and others protected and healthy is essential. Refrain from overconsuming.

### Maintain your routine

Set a daily alarm, get your regular 8 hours sleep, cook regular meals, exercise inside your home or take walks around your neighborhood while adhering to the social distancing rules. Create a defined time for work-time and your personal-time. Create small daily goals for yourself; make your bed, drink 2 litres of water a day, etc.

### Turn it into a positive

Use this time to focus on your personal health, mind training, new eating habits, physical activity and health habits, as well as reassessing your work.

*Social distancing can cause anxiety and depression because of disruption to personal routine during this current situation. If you or someone you know is experiencing either, there are many different resources in Nova Scotia available.*

If you have any questions or comments related to the Occupation Health and Safety measures being taken regarding COVID-19 please email OHS Coordinator at [ohs@nscad.ca](mailto:ohs@nscad.ca).

