

CREATE ROUTINE

1

Map out your day just as you would any other day. Start off with coffee or tea, designate a lunch break, and schedule calls, chores, and activities like normal.



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WORKSPACE

2

If working from home, dedicate a workspace in a location that's quiet, sunlit, & away from high traffic areas. Brighten up your space with greenery & personal photos.



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GO OUTSIDE

3

Self-quarantine doesn't mean you're can't leave your home! Take a walk around the block or your backyard. Fresh air & sunshine can improve your mood & spark creativity.



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TAKE BREAKS

4

It's easy to get involved in a project or a streaming show & hours slip by. Get up & stretch. Meditation or Yoga apps are great for 5- or 10 minute "recharges."




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STING
...Nothing Like The Sun
1. THE LAZARUS HEART
2. BE STILL MY BEATING HEART
3. ENOUGHMAN IN NEW YORK
All songs written and arranged by Sting.
Manufactured under license of PolyGram International GmbH,
Hamburg, 999 999999 PAA Paper.

PLAY MUSIC

5

Beat isolation by playing music or talk radio in the background. Or stream a favorite show like Parks & Rec or Scandal for familiar voices of characters you love.



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WIND DOWN

6

It's easy to keep going past when your day typically ends. Winding down can be simple: storing your laptop out of sight, or working out at the same time every evening.



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