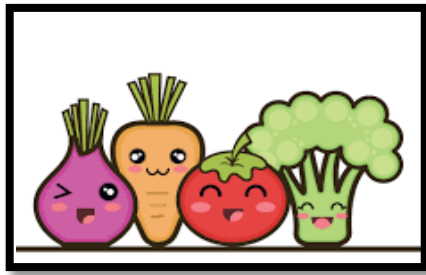




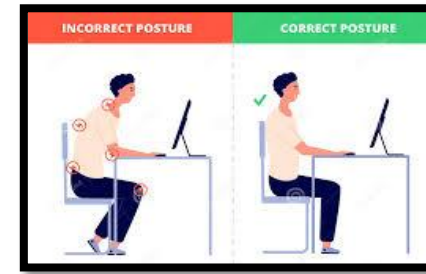
Get your daily dose of vit D



Eat healthy



Exercise at home



Ergonomic work corner



Hobby time



Avoid outside food ,cook at home



Seek help

Work from home



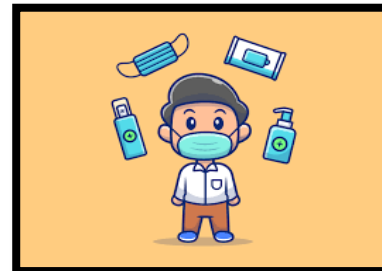
Take your job



Keep a consistent sleep schedule



Drink enough fluids(non caffeinated)



Mask : sanitize:
social distance



Spend quality family time



Bring out the multi-tasker in you