

SODEXO'S WORK/STUDY FROM HOME GUIDE



STICK TO YOUR ROUTINE

If you workout before class every day or eat breakfast after your 8:00am class, continue to do so. Keeping your routines in place will add structure and normalcy to your day during this transitional period.



PLAN AND SCHEDULE MEALS AND SNACKS THROUGHOUT THE DAY

Planning meals and snacks minimizes trips to the grocery store and will ensure you always have the right food on hand.



PICK A PLACE TO WORK AND STICK WITH IT

This space should be somewhere that allows you to focus. By using this same space daily, you're signaling to your brain that it's time to focus.



GET READY FOR THE DAY

Prepare for the day like normal. Maintaining routine grooming and dressing practices is a great way to send a signal to your mind that it is time to focus.



EXERCISE OR MOVE DAILY (ONLINE WORKOUT CLASSES, WALK, BIKE RIDE, OR RUN)

Exercise has been linked to better mental health and focus.



GET AS MUCH SUNLIGHT AS POSSIBLE (AND WEAR SUNSCREEN)

With the switch to online classes, you will be inside more than usual. Exposure to sunlight helps normalize your body's inner-clock and can help you sleep better!



GO TO THE GROCERY STORE WITH A FLEXIBLE PLAN

Fresh, froze, and canned foods are all great options. It's important to be flexible because your grocery store may not have the same foods you are accustomed to purchasing.



PLAN A MENTAL "COMMUTE" AT THE END OF THE DAY

Walking back to your dorm at the end of classes or a study session allows your brain time to power down. Plan to take a walk when you're done for the day!



SCHEDULE DIGITAL BREAKS THROUGHOUT THE DAY

Take 10-15 minute digital-free break throughout the day to give yourself time to decompress and refocus.



SET A TIME TO STOP EACH DAY

It's easy to let school take over your life when you're learning from home. Set a daily time you will stop in order to maintain a healthy balance.