

# Make Working from Home, Work for You

Working remotely may last a little longer than some of us first may have thought. If we can make working from home, work for us, then there are a lot of positives we can take advantage of. The examples below are some of the benefits of adapting to working from home to improve health and wellbeing.

## Sleep

Having more structure to our working day may help to maintain a sleep schedule that allows for enough hours to feel rested and ready for the day.

## Healthy Eating

Working from home is a great opportunity to form healthy eating habits, so we are no longer tempted to snack as much, and can take time to prepare healthy balanced meals. Learning to understand that control over food is an important can be a long-term advantage of working from home.

## Health and Wellness

The time saved on the commute to work can now be spent working out from home or in a fitness centre. More time is available for education and learning opportunities such as webinars and virtual events. The extra hours can also be utilized for hobbies and family activities.

## Money

Working from home can realize great savings in the cost of commuting, whether it's gas, parking, or a monthly Compass Card. Saving money by not eating out for lunch or getting a fancy coffee, is also another cost saving benefit.

## Communication

Not being at the office has seen a big change in how we communicate both professionally and in our personal lives. After months of effort we can now start to feel a little more comfortable on those video chats.

