



APRIL 2020

Ending the Semester Strong

I hope this newsletter finds you well and safe at home. During the “Stay home, stay safe” order from Gov. Whitmer, most of us are learning what it is like to work from home. During this uncertain time, there are plenty of steps you can take to finish the semester strong and stay healthy at home.

Tips for Working from Home

- 1. Keep your schedule as normal as possible:**
Schedule your day to look like a normal day as much as possible. Get up around the same time, stick to your usual morning habits, use your regular lunch break to make a healthy lunch, and plan something fun to do after work. You will find yourself to be much more productive if you stick to your regular schedule.
- 2. Set expectations with those around you:**
If other members of your family are working from home, or if you have kids that are home from school, set some ground rules that will benefit everyone. For example, set quiet times during working hours, expectations for sharing chores or household tasks, or plan breaks to take a walk or play a game together.
- 3. Communicate with your supervisor and colleagues:**
Be sure to check in with your supervisor regularly to stay on task. Ask for what you need, and be clear and concise with colleagues. Over communication is key when working together virtually.
- 4. Have a designated workspace:**
If at all possible, set your workspace apart from your normal living and relaxing space. This will help you feel more like you are going in to work. Try not to work from the couch or your favorite chair. Although it sounds relaxing, you may find yourself too relaxed to get important work done.



NMU
WELLNESS COMMITTEE



Don't forget to get up
and move!

Set an alarm for every
hour as your reminder.

Take a lap around the
room, do a few
jumping jacks, or a few
minutes of stretching.

Ending the Semester Strong cont.

5. Be positive

One of the most important things you can do during this time is stay positive! Practicing gratitude will help you focus on all of the good things in your life, even amongst chaos. Make a simple list of three things you are thankful for each day.

6. Don't be too hard on yourself

Working from home will be a big adjustment. Don't beat yourself up if your thoughts wander or if a household task demands immediate attention. Just try to get back on task as soon as you can.

For the Kids

Do you have young children that are home from school or know someone who does? Use these free resources for educational and entertaining activities:

[Lakeshore Learning](#) provides free printable resources for children of all ages. Some of their resources include lesson plans, worksheets, craft ideas, and games.

[Scholastic](#) offers free daily courses for kids that include writing, reading, activities, and even virtual field trips.

[Khan Academy](#) features detailed daily schedules for children ages 4-18. Multiple subjects are covered by videos and articles. There is even an app you can download.

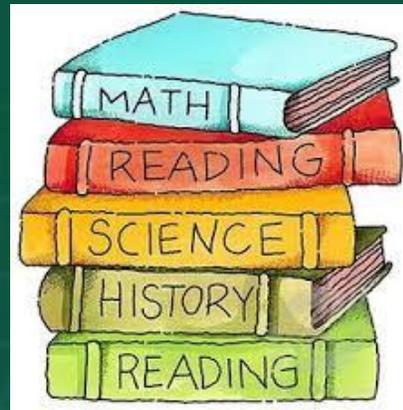
[Lunch Doodles with Mo](#) on YouTube has new episodes every day and will walk children through drawing various characters.

[Storyline](#) offers free videos of famous actors reading children's books. They even have "Storytime from Space" where astronauts read children's books from space.

[The Cincinnati Zoo](#) is hosting "Home Safaris" via Facebook Live every day at 3pm. They will highlight one of their animals each day and provide an activity that kids can do from home.

[America's Test Kitchen Kids](#) has made their entire site completely free for everyone. Kids will love the selection of recipes, projects, and cooking lessons.

[Cosmic Kids Yoga on YouTube](#) has 15 minute video yoga classes, each with a theme and beginning yoga moves for kids to follow along.



Ending the Semester Strong Cont.

The “Stay Home, Stay safe” order allows residents to engage in outdoor activities. This is great news for those of us who love to get outside.

Set a time every day to do something outside.

Lace up your shoes and go for a walk or run, go for a hike in the woods, or ride your bike along the bike path.

Just remember, if you are engaging in outdoor activity with people outside of your household, remain at least 6 feet apart.

This is a great way to stay physically and mentally healthy during this time.

Try to check off activities at all of these locations before the end of the month:

- Sugarloaf Mountain
- Hogback Mountain
- Al Quaal Recreation Area
- Marquette City Fit Strip
- Presque Isle Park
- Wetmore Landing
- Iron Ore Heritage Trail
- NTN South Trails
- Tourist Park
- Mt. Marquette

For more information about each trail, visit:

<https://www.travelmarquettemichigan.com/outdoor-recreation/hiking/>



NMU
WELLNESS COMMITTEE

Upcoming Events

All Employee Wellness Events have been cancelled for the rest of the semester due to COVID-19.

If you have any ideas for future events, please email wellness@nmu.edu.

Connect with us online! Search “NMU Employee Wellness” on Facebook.

The purpose of the “Wildcat Wellness Connection” newsletter is to keep you informed about wellness related issues. Please note that information in this publication, along with other similar materials, is meant to complement the advice of your physician, not replace it. Before making any major changes in your medications, diet or exercise, please consult your physician.