

SET THE STAGE

GET TECHNOLOGY RIGHT

DAILY TOP 3

TRY WORK SPRINTS

SET AND RESPECT WORK BOUNDARIES

UP COMMUNICATION

DON'T FORGET DAILY PLEASANTRIES

KEEP FOLKS IN THE KNOW

SHARE FEELINGS AND EMOTIONS

ASK QUESTIONS

PUT ON YOUR OXYGEN MASK FIRST

DEEP BREATHE & TAKE BREAKS

STAND, MOVE, EXERCISE