

ENVIRONMENTAL WELL-BEING

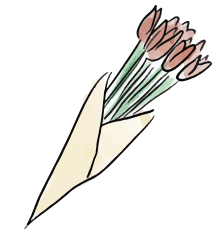


Good health by occupying pleasant, stimulating environments that support well-being* *during COVID-19*

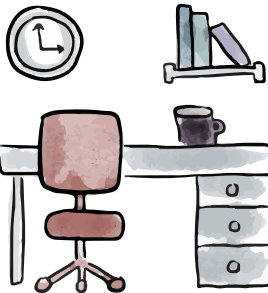
Tidy / organize at least one room at home for comfort / feelings of calm.



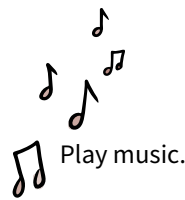
De-clutter your home or work space.



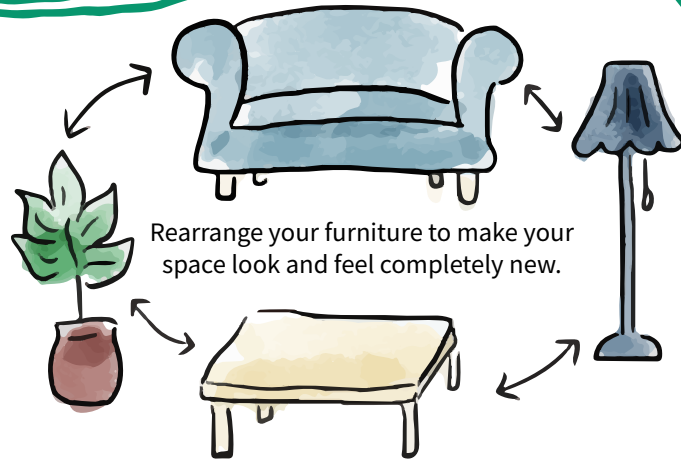
Add fresh flowers to your grocery list.



If working from home, try to create an office / work space, so you can set a work mindset and take breaks from work.



Play music.



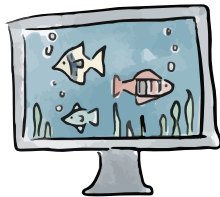
Rearrange your furniture to make your space look and feel completely new.



Light candles.



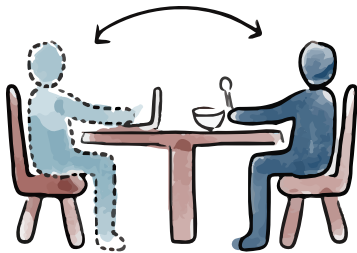
Diffuse essential oils for a pleasing scent.



Change your computer screen savers to something new and visually appealing (e.g. aquarium, fireplace, livestream a zoo).



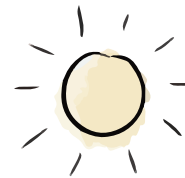
Open a window for some fresh air.



Move to different areas when studying / working (even just change which seat you sit in at the table).



Change your bedsheets.



Go for a walk outside and notice the spring buds (bonus points for picking up litter!) - just remember physical distancing rules!

* [Swarbrick and Yudorf, 2015](#)