

Neely

Everyone deserves a little couch-time.



Staying Engaged While Working Remotely

'Maven' Miara Shaw



Welcome from 'Maven' Miara!



A maven is a trusted professional that shares their knowledge with others.

miarashaw.com



BREATHE



8 TIPS FOR STAYING ENGAGED WHILE WORKING REMOTELY



How are you
feeling about
remote working
overall?

A

I like it and want to keep it

B

Over it & ready to get back to
the office



Take breaks & relax



Use vacation or PTO



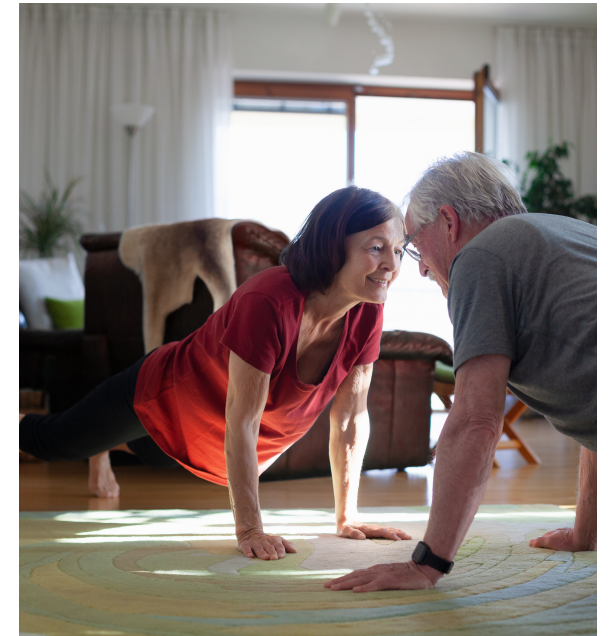
Enjoy a mindfulness moment



Stop working after-
hours and on
weekends



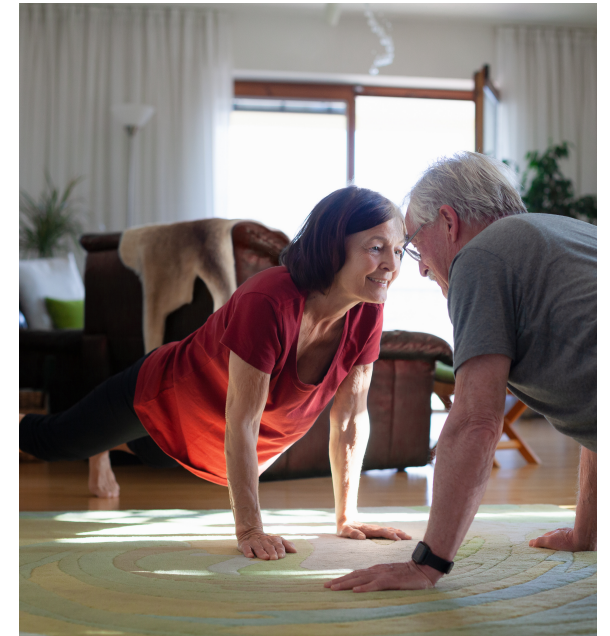
Make your health & wellbeing a priority



Schedule time to
workout



Stay connected socially for human interactions



Remember that you are
human

(1) Take breaks & relax

(2) Use vacation or PTO

(3) Enjoy a mindfulness moment

(4) Stop working after-hours & weekends

(5) Make your health & wellbeing a priority

(6) Schedule time to workout

(7) Stay connected socially

(8) Remember that you are human

Which tips will you incorporate?



☐ Online:

- ☐ www.neelyeap.com company page
- ☐ Live CONNECT
- ☐ iConnect You App
- ☐ Use your company code from benefits flyer

☐ **24/7 Hotline: 866-212-6096**

Access Your NEAP Benefits

