



Keep your expectations in check.



expectations

unrealistic to work at the same pace.



Take care of yourself.



care

get dressed. maintain routine.

Create order in your workspace.

order

a clean workspace helps to feel in control.



Create a day map.



day map

to do list. to be list.



Be productive.

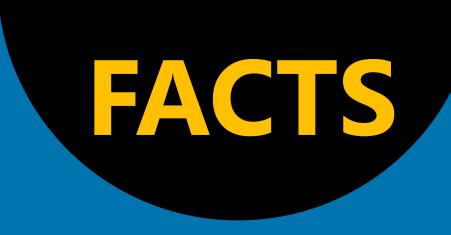


one main block each day. reduce distractions.

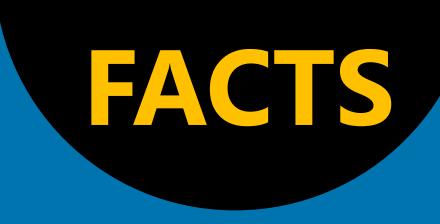
Commit to an end point.

Commit to an end point.

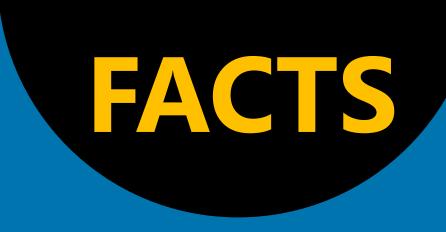
stop.
rest.



We are wired for hard.



We are wired for hard. We can adjust.



We are wired for hard. We can adjust. We can see things in different ways.

Resiliency in uncertain times

micro habits