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.
- Light candles.
- Diffuse essential oils for a pleasing scent.
- Move to different areas when studying/working (even just change which seat you sit in at the table).
- If working from home, try to create an office/work space, so you can set a work mindset and take breaks from work.
- Check out your office ergonomics (article from University of Guelph here).
- Rearrange your furniture to make your space look and feel completely new.
- Play music.
- Open a window for some fresh air.
- Change your computer screen savers to something new and visually appealing (e.g. aquarium, fireplace, livestream a zoo).
- 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

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