

REBALANCING WORK & LIFE

CUSHMAN & WAKEFIELD

BE WELL



TAKE BREAKS

Remember the human mind is built for sprints, not marathons



TURN IT OFF

Even though home and office have merged, put work away at the end of the day and get enough sleep



EAT WELL

Regular-scheduled, healthy meals and snacks provide needed energy to be productive



KEEP MOVING

- Remember the benefits of exercise
- Go for a walk
- Try out some online yoga

BE SOCIAL

HUMANIZE WORK

Remember that “social distancing” does not have to mean social isolation

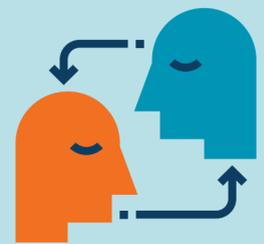


- Stay connected via regular communication (team and one-on-one)
- Use video, not just audio
- Incorporate “small talk” and have purely social calls



EMPATHY AND PATIENCE

Everyone has burdens right now: economic volatility, closed schools, caring for elderly parents



CONNECT

EASE OF USE



The top two factors in successful teamwork are the availability and ease of collaboration technology

✦ [Check out these tips for video set up](#)

CONTINUED LEARNING

Learning & development go hand-in-hand with company culture, even (or especially) when working remotely



HAVE PURPOSE

DRIVE CULTURE

In this time offer your colleagues transparency, clear expectations, communication and direction



TRUST

Empower people to do their work and give them room to focus



VIDEOS FOR INSPIRATION



[The Surprising Ingredient that Makes Businesses Work Better](#)

Marco Alverà



[Social Distancing Without Disconnecting](#)

Simon Sinek



[Confessions of a Recovering Micromanager](#)

Chieh Huang

STAY UP TO DATE ON THIS FAST-CHANGING SITUATION

✦ [Ongoing CRE Insights re: COVID-19](#)

✦ [Cushman & Wakefield's Total Workplace Experts](#)