

Physical Strategies for Remote Learning

hydration

Stay hydrated!

Keep water nearby

Reduce chance of dehydration and fatigue + prevent negative effects on focus



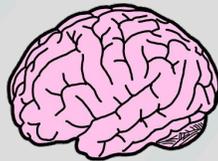
eye health

Sit at least an **arms-length** away from your computer screen



Tip:
leave an eye mask in the freezer and wear it when you experience eye strain or headache

engagement



Sitting up and leaning forward increases engagement + encourages active listening!

Take notes as you listen in class.

spinal health

Take breaks and stretch out your body!

Tip:

1. while inhaling, reach both arms to ceiling
2. exhaling, bend over to touch toes
3. inhaling, slowly move back to standing position



the set-up

Sit in a comfortable chair that is supportive for your back, neck, shoulders, and bottom

Allow space for your feet under the table



Reduce clutter in the room

Work in a reduced-distraction area where you are able to focus and participate in class

If the room is too hot, consider using a fan. Too cold, bring a blanket with you!

