

REBALANCING

WORK & LIFE

BE WELL



TAKE BREAKS

Remember the **human mind is built for sprints, not marathons**



EAT WELL

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



TURN IT OFF

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



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



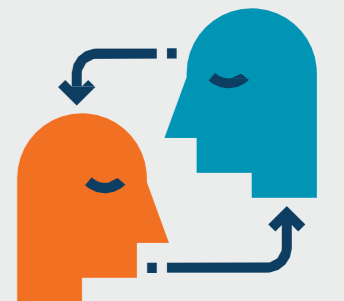
- **Stay connected** via regular communication (team and one-on-one)
- Use video, not just audio



- 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



CUSHMAN & WAKEFIELD

HAVE PURPOSE

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](#)

DRIVE CULTURE

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



CONTINUED LEARNING

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



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



[Confession of a Recovering Micromanager](#)

Chieh Huang

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

STAY UP TO DATE ON THIS FAST-CHANGING SITUATION