

Well-being Supplemental Checklist

This document serves as a supplemental resource for individuals working remotely who are unable to participate in in-person activities or events related to the CU at the Top Well-being pathway. Please use this in conjunction with the standard checklist.

Please complete 5 items from the list below, with at least 1 item from each section

Health and Wellbeing:

- Check out [these](#) virtual activities to help you de-stress. List the activities that you enjoyed the most below.
 - _____
 - _____
- View Employee Services' [resources on wellness](#) and list those that worked best for you below.
 - _____
 - _____
- Read the [American Psychiatric Association Foundation's](#) suggestions for managing your mental health and wellbeing while working remotely.

Ergonomics:

Implement one or more ergonomics tips from the resources provided below.

- ["How to perfect your home work setup so your back stops hurting so much"](#)
- ["10 Ergonomics Dos and Don'ts for Those Now Working from Home"](#)
- [Ergonomic Suggestions](#)
- [How to Work from Home - Comfortably](#)

List the best ergonomics tip(s) you picked up. Have you implemented it into your at home work station? Have you noticed any improvements? Please share below!



By signing my name below, I certify that I have completed all tasks to satisfy the requirements of this pathway.

Signature

Date

