

## Remote Worker Dieting and Fitness Tips



If you are working remotely from home, consider how your job can interfere with a healthy diet and personal fitness.

Distractions, hunger (or ignoring hunger), postponing meals, interruptions, deadlines, focus, stress, and how tired you become can each influence decisions about diet and fitness.

For example, while wearing earphones on a call, you wander

into the kitchen and engage in unconscious eating. Under a high-pressure deadline, you skip exercise. Too busy to eat dinner, you go for the late-night ramen noodle cup. Here are five ways to be a healthier remote worker: awareness, setting boundaries, creating structure, planning, and preparation. Working from home can be satisfying, but use *awareness* to create the right environment. Manage this environment with *boundaries* where distractions and unhealthy food temptations are not present. *Create structure* by arranging your day so snacks, meals, and chores are predictable, not intrusions. *Plan* a schedule in which health and fitness behaviors remain central to your well-being. Finally, *prepare* your workplace and do the groundwork daily with “pre-flight” tasks to make your day a healthy and productive one. Get a water bottle in place, flip the switch on your eight-hour Crock-Pot recipe, make a sandwich ahead of time, set up healthy snacks, and lay out your exercise clothes to allow a smooth transition from your job to your workout.

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## When a Coworker Has Cancer

About 40% of us will be diagnosed with cancer in our lifetime. This fear of a cancer diagnosis can hamper your ability to say the right things when you discover a coworker has cancer. Your genuine and heartfelt words (consistent with your relationship and how well you know your coworker) are best. For example, “I am really sorry you are facing this. I care and want you to know I am here for you.” Don’t overreact, don’t try to cheer up a cancer victim or share cancer stories, don’t give pep talks or advice, and don’t use phrases like, “keep your chin up.” When offering help, be specific about a task or project you can accept to lessen your coworker’s burden. Don’t say, “Let me know how I can help.” Above all, don’t stop treating your coworker like a coworker. That’s who they are.

## SHRM’s Workplace Model for Discussions about Race

The national unrest and news associated with racial injustice has many employees feeling the need to process the crisis in an honest discussion. If that’s true for you, check out the Society for Human Resource Management, which has assembled a guide for doing so. It appears adaptable to any diversity-related issue or concern. You can find the guide at SHRM.org (search “tips for discussing racial injustice in the workplace”). You will find recommended outlines, rationales, procedural steps, definitions, and listening/replying guidelines that bring people together, and more.

## Questions to Bring to a Professional Counselor

If you decide to see a professional counselor, maximize the benefits of your first visit by answering these questions before you go: 1) What is causing stress and tension in your life? 2) How does the tension affect you, your family, and your job? 3) Are these stress or tension issues short term or long term? 4) Who in life represents your support group? 5) What are you willing to change or give up to have less stress or tension in your life? 6) When you have successfully reduced stress and tension on your own, how have you done so? 7) What has not worked? 8) If counseling is successful, how do you envision life afterward?