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!