

Global Wellness Support

Staying Together While Physically Apart



Mental Wellness

Although Working From Home can provide many benefits to employees, it also creates unintended challenges when the environment is less than optimal.

Learn some [tips](#) on how to be intentional about **creating a barrier between work and home**.

Employees are at greater risk of burnout in times of crisis and acute stress. Here are some tips on how to protect yourself from burnout:

- **Prioritize self-care.** Block time for things that energize you!
- **Reset expectations** about what and how much you can do and communicate ground rules.
- **Seek out connections** that are positive and encouraging.

Feeling isolated? Do you miss in-person comradery? Try connecting with new colleagues via the [#randomcoffee Slack channel](#) or setting up virtual **15-min Watercooler meetings with colleagues** you used to connect with daily in the office. Find ways to stay socially connected.

Learn to **identify what gives and drains energy**. Leverage these LinkedIn Learning resources to minimize the drain and maximize the gain!

[Managing Burnout](#) (30m)

[Health/Wellness when WFH](#) (3m)

[Cultivating Mental Agility](#) (37m)

[Mindful Meditations](#) (30m)



Physical Wellness

Staring at computer/phone screens for long stretches of time can cause **eye strain/pain**. Follow the **20-20-20** rule. Look away from the screen every 20 minutes. Then look at something in the distance for approx. 20 seconds. Blink often to keep your eyes moist or try some eye drops.



To self-isolate in a safe place, we have arranged for PayPal employees to book hotel or Airbnb accommodations at the discounted PayPal rate.

Until further notice, if you book rooms for personal use through [Concur Travel](#) or [Airbnb](#), you're eligible to receive the PayPal rate during your stay (includes accommodations for dependents who live in an employee's household).

Contact [Denise Truso](#) if you need further assistance.

Work can feel overwhelming during this time. Focus on achieving goals in smaller steps. **Build your schedule** so you can take care of personal matters like making a healthy meal, eating in an area away from your workspace, getting fresh air, or helping others..

Find **unique ways to get away** from your workspace, like walking 1:1s, virtual coffees in your kitchen or yard.

Make time and take care of yourself.

[Chair Work: Yoga at your desk](#) (33m)

[The Scientific 7-minute Workout](#) (7m)

[Recharge Your Energy](#) (30m)

[Your Coronavirus WFH Wellness Plan](#)

[Take Real Breaks](#) (podcast)



Emotional Wellness

Self-care is NOT selfish! It is critically important. When you take time to replenish your spirit, it allows you to serve others, like your team or your family. You cannot serve anyone if you if you feel empty.

[Learn why](#) self-care is so important.

Tips to support your emotional wellness while working from home:

- [Tips to help older adults during a quarantine](#)
- [Tips to help children during a quarantine](#)
- [Reigniting your health when working from home](#)
- [Mindfulness techniques for managing coronavirus anxiety while working from home](#)

A place to **feel better, wherever you go**. Improve your emotional health on your terms. The Sanvello app puts coping tools in your pocket.

Access on-demand support to help you manage stress, anxiety, and depression during the COVID-19 crisis. Download **Sanvello** from the [App Store](#) or [Google Play](#) and create an account.



Feeling stressed, worried, or anxious? **Speak with experts** through the Employee Assistance Program (EAP). The EAP is available 24 hours a day, every day. All employees receive 6 uses per topic. Visit [www.paypalbenefits.com](#) to learn more and contact the EAP.