



## Oral health (and life) routines while working from home

From rambunctious children to unhealthy snacking, working from home can present many challenges. It can be easy to get distracted or caught up with work to the point where you forget to take care of yourself. Looking after your oral health may not be a priority, but it should be. Oral health is a window into overall health. Here are some tips to help you stay focused on business and your oral health while working from home.

### Same routine, different place

One way to make working from home easier is to stick to your normal routine. That's a great way to get ready to tackle the day's tasks. Make sure to get up, shower, brush and floss your teeth, and put on your regular work attire to get in the right state of mind. Then, instead of commuting to the office, you commute downstairs. It can be easy to work overtime when you don't have to physically leave the office, but be sure to clock in and clock out at normal times. Use the time gained by not having to commute to do something good for yourself, like going for a walk outside or some other form of exercise.

### SFH (Snacking from home)

While working from home, unlimited access to the goodies in your refrigerator or cabinets makes it easier to select unhealthy treats. Eating a well-balanced breakfast and lunch can keep you energized and full throughout the day. If you must snack, skip those starchy chips or sweets that can stick to teeth and cause problems. Instead, grab some tooth-friendly treats like fresh fruits, vegetables, or dairy products like yogurt or cheese. If you want something sweet, chocolate, in moderation, is your best bet. Also, be sure to drink plenty of water throughout the day.

### Controlling uncertainty with normalcy

In uncertain times like we find ourselves in now, it is best to focus on what we can actually control. Following your normal, daily routine can provide you with a sense of stability. Collectively, we are all in unfamiliar territory, but using routine can help us stay healthy and keep smiling.

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