

## ***Message from Nancy Toolen, Mgr. of Voc. Rehab. Services:***

Greetings!

I know that everyone is anxious to get back to work, myself included! We miss seeing our co-workers and staying busy. The counselors have put together a few ideas to help you keep busy and have fun while waiting for EH to reopen. We hope you are able to find something that interests you!

Can I suggest that you try to maintain a daily routine during this extended time at home? Maintain a regular sleep schedule, complete daily chores, make healthy food choices and get fresh air and exercise every day. A steady routine helps our emotional health.

I'm going to suggest a daily "theme" and some activities you can do both in your home as well as some cool websites and videos to explore on-line, if you have internet access.