

# Flexitime **TIP** 5

*Providing greater flexibility for employees in the Public Service to ensure the continuity of Government services.*

## **Stay Healthy while working from home**

*Maintain a healthy routine to ensure that you take care of your physical, mental and emotional health.*

- Eat your three balanced meals on time.

- Choose healthy snacks including fruits and lots of water.

- Join a fitness group because they can motivate you virtually or in person.

- Read a book or do a crossword, word search or jigsaw puzzle.

- Contact the Employee Assistance Programme at 468-9889 if you require emotional or mental support.



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