

# WELLNESS WITH SANDY

MONTHLY NEWSLETTER

AUGUST 24, 2020

## HOW CAN WE CONTINUE TO COPE WITH OUR TEMPORARY 'NEW NORMAL?'

The unexpected shift to remote working during COVID-19 is taking a toll on our mental health, with many people unable to find respite, even in the comfort of their own homes.

The culprit? The 24/7 “always-on” culture that has emerged from hyper-communication. Digital connectivity is at an all-time high, which is helping businesses adapt, circumvent, and respond to the disruptions waged by COVID-19.

As a result, work meetings can take place at any time of the day without warning, and instantaneous responses have become the expectation and the norm. Recent data shows that remote workers are likely to clock an additional 60 hours a month as a result of COVID-19.

More and more, we’re feeling the pressure to be just as responsive as the automated technology we’re using.

During the shakeup of COVID-19, stress is compromising overall productivity, subjecting us to information overload, constant distraction, and burnout.

Since it doesn’t appear that the “always-on” culture will be switching off any time soon, I believe it's essential to build in time to holistically improve your health through strength, balance, and flexibility training. Mobility is a natural remedy to combat this stress and heal from within.

You may have seen my classes are tied to something called The Little Habitat.

Little habitat is a company that has a passion for wellness through classes and retreats. By partnering with this company, I'm excited to bring my classes straight to your home from my home!

We can all get through this together, and I believe holistic health (including movement) is one of our best medicines for stress.



**Feel free to check out my Instagram page and my website for more information and updates!**



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