

TITLE: GBES Special: New Year! New You!

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Introduction: Welcome to Green Building Matters, the original and most popular podcast focused on the green building movement. Their host is Charlie Cichetti, one of the most credentialed experts in the green building industry and one of the few to be honored as a LEED Fellow. Each week Charlie welcomes a green building professional from around the globe to share their war stories, advice and unique insight into how sustained ability is shaping the built environment. Settle in, grab a fresh cup of coffee and get ready to find out why green building matters.

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Susan: Everyone, I just want to thank you for attending the New Year, New You presented by Green Building Education Services. My name is Susan Frese and I'm the marketing director. We have a poll for you guys to fill out and I'll share the results when we get started. It looks like 39% of our audience is temporarily at home, 34% are back in the office, and about 26% are fully remote from home. Very few people thought 2021 was a great year. Bring on that positive energy. 2021 had its ups and downs. I'm definitely in that boat and happy it is 2022. Welcome to the New Year! New you!, Wellness At Home Series, where we focus on well being here at GBES. I do have a disclaimer about the webinar. Remember we're not doctors, so anything that we suggest if it's physical fitness or exercise, please make sure you check with your doctor to make sure that you are okay to work out. Amy will talk more on that as well. A couple of housekeeping notes, you can use the chat if you want to put everyone where you are logging in from, so we can get an idea of where you are in the country. Maybe the city that you're in. I saw in Orlando, Florida, I'm in Orlando, Florida. You guys are fast typers. It looks like we have a nice mix from all over the country. I'm sure some of you who are working temporarily that's probably geographically based, for sure country based. Thank you guys for that. New Year! New You! Webinar. Our host for today during this transformative,

hopefully our will be, Amy D'Angelo, is part of a larger group and that makes up. We have a consulting firm called Sustainable Investment Group and Amy is our director of GBSE. She is also a WELL Ap and really loves wellness, I'm sure she's very excited to be here with you today to go over some tips and tricks for 2022.

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Amy: Thank you, Susan. As a new platform for us we would like to know if you like Zoom on this presentation. This is really our first Zoom webinar on this kind of scale. If you have any feedback, we would be happy to hear it moving forward. Thank you, Susan. I am so excited to be here with you guys to talk about how we can move into the new year in a really positive way, where we can also focus on our wellbeing. It looks from the chat, we have a really international group today. We have a lot of people from the US, but I saw people from Canada, from Singapore, from Italy, from all over the place. Thank you guys for jumping in and attending this with us. We really appreciate your support and being able to share this information with you. It's great to see you all in 2022. Many of you have been part of this Wellness At Home Series. We've grown this last year and we're continuing that in the new year. Let's talk quickly about what you can expect from this presentation. My goal here today, and with the webinar that I do, is really to challenge the way you think about these topics and give you easy strategies to implement into your day. Please use the chat function as we go along to send any questions. I will do my best to keep up there. I know Susan is going to help facilitate the chat today.

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Amy: How are you about unplugging from work, making time to think or sticking to a morning routine? Do you consider yourself an expert or could you use a brush up? Personally some days I feel like I'm an expert in just killing it in these areas and there are some days where I definitely need a brush up. If we can all learn to become experts and more importantly, use these strategies consistently, we can really impact this year in a positive

way. We always start our Wellness At Home webinars by looking at how we can connect our topic back to the healthy building initiative. When we look at the WELL building standards specifically, the intent of the mind concept is to promote mental health through policy, program and design strategies that seek to address the diverse factors that influence cognitive and emotional wellbeing. In our buildings. We can do this by promoting mental health programs and initiatives. We do this by providing a connection to nature and place for our staff, for our workers, for the building occupants with lots of windows and lots of plants and natural elements within the space. We can also provide restorative spaces to the regular occupants of our healthy buildings. What do we know about why focusing on mental health is important in our healthy buildings and why these initiatives are part of standards like WELL and Fit well well? In the last year, for example, one and every four people have reported mental health struggles. Living through a pandemic, I don't think that is a surprising statistic, but when you couple that with minimal global spending on mental health, we are left with a significant cost to our global economy due to lost productivity. Be thankful for the healthy building initiative here. Based on the research these are science backed standards. Based on that research, we know that by focusing on mental health, promoting mental health programs, designing strategies to help building occupants connect to nature or spend time in restorative spaces in our buildings, we can significantly improve productivity and reduce stress. All really great when we are working in buildings. Looking at the whole thing we did earlier. There's still people working in buildings and a lot of you are only home temporarily, so you're going to go back to those healthy buildings and really benefit from those programs. Remember that of the 90% of our time that we spend inside, 65% of that time is actually spent at home and there's still a lot of us, half of us actually right now, at this moment, on this webinar and are at home, remotely working. We are spending even more time at home. It's important to find some things that we can do at home to decrease stress and improve our wellbeing.

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Amy: Welcome to 2022, we would be remiss not to touch on Covid for a moment. We have now been living in a pandemic for 23 months, which is almost two years. That sounds crazy. I don't think any of us expected that in January of 2022 that COVID would still be dominating our lives. How many of you feel fatigued, frustrated, a lack of control because of this new normal? That really doesn't feel normal at all. The truth is that living through an ongoing pandemic is stressful. Who knew right? This is the first time for all of us. It's just further proof that we need to take care of ourselves so that we can continue to show up and be the best version of ourselves for our families, our friends and our co-workers. Lindsey said she feels very frustrated, Alice, feels burned-out. This is what everyone is feeling. You are not alone in feeling that it's really been a struggle for so many of us. Hopefully some of these strategies can help with those feelings a bit. Thank you for sharing. What do we do to unplug from work? How can this help me better manage my day-to-day responsibilities? It seems a little counter-intuitive. Let me ask, do any of you actively unplug from work at least once during your workday or at the end of your workday? That's my answer there. I need to work on that one absolutely, and I do have some people saying yes, they go for a walk. They occasionally feel that way. They try to take breaks. A few of you do take breaks at the end of the day. The folks that take breaks at the end of the day, good job! That's what we're going to talk about a little bit and I'm really happy to see that a lot of you are taking breaks throughout your day, because that is really important too. This isn't about we work all day and then at the end of the day, we unplug. We're not meant to sit in front of our computer the entire eight hours. We're working . We're meant to be able to be in an office and have conversations and get up and go get a couple coffee. We have to figure out how to pull some of these into our data day life, and I see some of you are trying to do that, and that's great. Hopefully we're going to share a few more strategies for you. While you can't pull out the dictionary and find a definition on unplugging from work, this is what unplugging from work

means to me to be able to not only stop work-related activities but to be able to stop thinking about work altogether. Don't get me wrong. I realize that not thinking about work is tough. There are times when I've actively unplugged and work thought still comes up, but what I am suggesting is that we should be able to set boundaries and schedule some time daily where we do term work off. If work thoughts come up, we accept them, we push them to the side and we'll talk about some ways to do that in this discussion. 70% of people do not fully unplug from work. If you're not currently unplugging from work, you are not alone here. We have to recognize we do have a dangerous habit of letting work creep into our personal time, our outside of work-life. People who are unable to unplug from work suffer from chronic stress, which can lead to obesity and heart disease. It can be difficult to sleep when we can't turn off work. We risk burnout and there is a correlation to reduced productivity and a decreased cognitive function. Our brains don't function in the same way. We're not as quick with information. These are real problems that negatively impact our lives and our ability to enjoy our families. Why do we find it hard to unplug from work? There are four common concerns I hear pretty regularly. The first is: my boss or co-workers expect me to be available. Let me know if you feel that way. That's one that comes up a lot, especially when we work remotely, temporarily. We are so worried about looking productive. The next is: I don't want to miss anything or fomo, fear of working out. Do you feel this way? This makes it really hard to unplug from work because you feel the need to always know what's going on. That was much easier when you are in an office. You can walk down the hallway and ask questions. It's so much more difficult to do when we're working remotely. How about I have too much to do? The overwhelming challenge with feeling this way is that it becomes anticipatory stress right when we don't take time to disconnect and really put our workload. Sometimes it's not as bad as we think it is when we're in that moment. We have to take that time to step away, to understand and really realize that right. I'm sure that sounds familiar with a lot of that. Finally I need to look productive right, which is really a sign of feeling insecure with our jobs. And I think that really

happened to so many of us when we were just thrown into this remote working environment. Companies weren't really prepared for it, so they're trying to understand how to do it, how to manage remote employees. It did leave a lot of us feeling really insecure in our jobs. Not a fun feeling. What do we do to try and make sure we're seen as valued in that job? We try to be more productive, but that's just not sustainable. The truth is that all of these challenges occurred when we were in the office, but they've increased with remote work. Remote work has significantly decreased the informal communication and cues that so many of us relied on when we worked in an office. Being able to pass a coworker like we talked about and say hello, dropping into your boss's office and asking for clarity on a question right. That's a lot harder to do when you have these more formal communication methods that we have while we're working and it's also made unplugging from work hard because we're missing the cues of day. Everyone's getting up and going home right. We're also missing the commute to and from work, which may have been where we decompressed in the past. We could turn work off when we came home. We've got to start developing skills to put these back into our work lives. We understand what causes us to stay in our work zone longer.

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Amy: Let's begin to look at the benefits of unplugging from work, and I want to use this analogy. Think about the technology used during the day, your computer, maybe even your phone. What do you do when either of these gets sluggish? You reboot it, you turn it off and you turn it back on and what happens? It works better now. Technology can recharge a lot quicker than we can, but we can think about unplugging in that same way. Unplugging is the emotional reboot that we all need to be more effective and more efficient. What are the benefits of unplugging? So when we read our technology, it's better right. It responds quicker when we unplug. The same is true. We start to respond better and quicker. We have better sleep, we reduce stress, which leads to better overall health, and we are better able to deal with the over overwhelm of our day. When we routinely unplug, we

see a better cognitive response and increased productivity as well allows us to be present when we are with our friends and families right instead of being constantly distracted with everything else going on. When we are consistent about taking time to unplug, the benefits are hard to walk away from and consistency is the key here. When we're consistent with unplugging, it becomes easier to unplug. We build that habit of unplugging and it becomes much easier to choose to do that. What can you do to unplug from work? Those of you that are already unplugging from work, let me know what you do. I know a lot of you take a walk, get outside, get away from your desk, so keep those suggestions coming in, finding moments during the day to unplug eating lunch away from your desk right. Can you go to another area and eat lunch? Can you go outside? If the weather is nice, setting boundaries? I don't know where your workstation is. Do you have a dedicated room that you work in. I don't. I'm in the corner of my bedroom. Setting boundaries in this space is really important in order for me to get through the rest of my day right and have good sleep when I'm staring at computers. We have to make sure we're setting boundaries, and sometimes those boundaries aren't physical boundaries right. We need to limit technology. It's great to pick up your phone and jump on Instagram and see how your friends are doing. But it's so easy then to go check on your work email right or to check your work voicemails. We have to be really careful, and so I'm not saying you can't pick up your phone at all when you're unplugging from work some boundaries and be consistent with them right. This is really important to build these skills, especially as we continue remote working, Melissa said she does mental separation with no pad to write down notes. That's an absolutely perfect and quiet time notification on your phone. That's a great way to limit technology. You can also get outside. Go for a walk, exercise or pick up a hobby . Those are things that you can do that force you to be present, which help you to disconnect. It pulls you out of that work mode. The most important thing is whatever you do to unplug from work, you do consistently. It's also helpful to stack habits. How many of you have read Atomic Habits? I turn off my computer and all the lights emitting from my work are off. It is because my office is in

the corner of my bedroom. It is really important that I control the light pollution that my office emits. One way that I set that boundary. If you work in an office, leaving the office can be an effective strategy. Make sure you are leaving work at the office or in the car or somewhere in between. You're not bringing that into home. The book is Atomic Habit, is a great-great book to read. It talks about stacking habits and how it's easier to develop a habit when we stack it on top of a habit we're already doing. For me, closing my computer is the first and then turning off all the lights is the second habit. Some of you do have that designated office room. That is amazing and I hope you are using that as a physical boundary. That's the easiest boundary to put up. Is that a physical one?

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Amy: Let's shift gears a little bit and talk about making time to think. Until last December I hadn't given much time about making time to think, but in December a colleague of ours, Charlie Cichetti, challenged us to make time to think. I was spending time on my goals in 2022, this just coming up for me and it was one of those thoughts that just kind of kept nagging at me until I finally said, okay, let's put this as part of our goals and so making time to think. It's been something I have actively started doing this year. Let me know if, if you currently make time to think, is this something that's currently part of your routine? What do I mean by making time to think right? I mean scheduling time every day or every week that you are stepping away from your screen? You are limiting distractions and you just give space for these bigger thoughts so you can really think through, maybe a challenge that you haven't been able to wrap your head around, or maybe it's just a bigger picture of what you want her to look at. It's partly just starting to train our brains to accept space for this and as you allow your brain to think, it's easier to do right and you start getting better thoughts as you go through. Let's talk through that a little bit. I know this is funny. It's a weird concept because we all think all the time we spend all day thinking and sure we do. We live in a distracted world. We spend our days thinking about the tasks at hand, what we're having for dinner, if the car has gas, if

we're going to meet that deadline at work, a person has over 6000 thoughts a day. That's a lot right and they're all very important things. What happens with all this thinking is that we don't leave space to think about those big picture things in our lives. We reduce our ability to be innovative and creative right. Think about the last time you had a really great idea or thawed. Where were you? How many of us have great ideas in the shower? Why is that? Because we're a little more present and if you can let those thoughts go, that's when you give space for more, for better thoughts, for these bigger thoughts, these great ideas to come up, Sherry has great thoughts at yoga. I love that. That is a perfect place to really be present right and allow space for thinking. This is a funny, funny picture and I want you to remember that your brain can be trained, we can develop habits and by training our brain we develop muscle memory and we are able to create efficiency in our lives. The more we value and make time to think, the better we become at thinking. How do we make time to think? It's about being intentional here, and there's a couple of ways to do it. Public transport is another great place to think. Walking, cycling meetings, think sections. Let's talk about the parameters we put around ourselves to make time to think. It's really just one thing: you have to disconnect. You cannot make time to think if you are connected to everything and you have all those distractions, you have to disconnect. It doesn't have to be for a long time. It can be five minutes to start right and you can build that, and this can be done while you're cooking, while you're cleaning, while you're exercising, while you're taking a walk, while you're on public transit. If you're commuting in your car, you can make that a time to think. It doesn't have to be this new thing that you have to carve out time, for there is very likely something you are doing during the day that you can be a little. You can think. That is a little more meditative for you to bring out these bigger thoughts. I know for me I go for a walk every morning and I spend a lot of time thinking about that walk. When I worked in an office I would go in a little bit early because there would be no distractions and I could have that time to think through my day. Now that I work remotely, it's just part or far, it's part of my morning routine. But I can also say that if I want to be really

creative with my thinking, I get active. I go for a bike ride. That's where I have my most creative and my most innovative thoughts. Play around with this and see where you can be present and allow for that space and be intentional about making time to think. When you're intentional about this, you start to realize that throughout your day there are a lot of opportunities to think. We just need to utilize those opportunities by disconnecting and allowing space for that. Does that make sense? This is something that I've started doing this year and I can tell you I've been doing it for a little less than a month and it's made a significant difference in the way my mind is processing information. I know we can do this and we can do it consistently. We can have a lot here.

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Amy: Let's move on to a morning routine. If you have a morning routine, something that you are really intentional about doing every day? I'm sure a lot of you do. You guys are already doing so many of the things that we're recommending. Part of what we're going to talk about today is how we can be sustainable with it. If we're honest with ourselves, we are most in control of the morning before the chaos of the day begins. We've all been there. If you have kids and they're late getting out the door, if your coffee overflows when you're making it and you have to clean that up there's always something that can cause chaos. You're going into the office. An accident on the way can create chaos because you have that anxiety coming up of being late. If we can add a morning routine, it can help us set our intentions for the day and we can help keep our day on a positive note. Coffee, a newspaper is great, going to the gym, swimming or running. I love it. There are perfect things to do. Katherine, we're going to help you become consistent today. Let's make that pack together. What are the basics of developing a morning routine? The first thing is make it simple. Morning routine does not need to be complex or rigid at its best, a morning routine is a set of actions that you just do every day. Next. Be consistent, right. It's a lot easier to be consistent when your plan is simple. Those are the two ways to make your morning routine more sustainable. Make it simple enough

that you can do it every day and then you can build on it once you know that you're doing it every day. I always encourage people to start by sitting in. I think that if you can sit in gratitude just for a moment at the start of your day, it really shifts the way that you think about the day. It kind of puts a rosy color on the day and you're going to be more apt to choose gratitude and grace as you're dealing with people and going through the challenges that come up through the day. I do encourage sitting in gratitude, actually encouraging it at the end of the day too, in having kind of two practices with that. Definitely sitting in gratitude should be a great way to make your morning routine sustainable, because it feels good to sit in gratitude, and so this thing that feels like something you're doing can feel really good. What else can be a part of your morning routine and it can be anything that works for you? Again, the secret is making it sustainable and keeping it simple so that you can be consistent. Let me share my morning routine with you. Every day I sit in gratitude, thankful for the opportunity that the day will present, thankful for the challenges. Obviously that the day will present because it's in those challenges and in that adversity that we grow. If we can go into those moments feeling grateful for those and look at those as opportunities, then we're going to handle them much better and our stress. We won't have the same stress response to that. I sit in gratitude. I go for a walk. Getting out in nature is really important for my psyche. Personally, it helps me feel balanced. Reading ten pages a day is part of my morning routine because I know that if I hold reading to the end, it's not going to happen by the time I'm done with work and the challenges that I've had all day and I cook dinner for my family and I take care of my dogs. I'm not going to go back and read, so I will make sure that I add that in the morning, and there is something that you're wanting to do as part of the new year. Making it as part of your morning routine and really stacking those habits can certainly help. I make time to think every day. Sometimes this is part of my walk. Sometimes I'll have these great moments during my walk. Sometimes I have to be a little more intentional about it. The more I'm training my brain, the easier it is to do that. My brain is just finding these opportunities to think. t I am really intentional at some point in my

morning routine and then I also do a quick meditation, and I do want to really quickly draw a distinction here between making time to think and meditation. Meditation is about clearing all thoughts and sitting in the present moment. In meditation we're training our brain to be calm right and to handle stress a little bit better. When we make time to think we are creating space for bigger thoughts and ideas. I know that's a really small distinction, but I did want to clarify that. Stefani asked how long my morning routine takes, usually about 30 minutes to an hour. It really depends on how much time I have in the morning, which is why I say that you know this doesn't have to be rigid. If I can't get to something, I'll choose something to go. That I can't do in the morning, my ideal day. I get all of that done and I just stack it throughout the morning. If you have a certain amount of time you have to think about that and make sure that's part of it and it's likely that there's activities you're already doing in the morning that you're not considering as a morning routine. Do you have coffee every morning? Let's start there right. What else do you do? Having coffee? Do you eat breakfast? That can absolutely be part of your morning routine? Can add sitting in gratitude. It doesn't have to be difficult and it doesn't have to be this grand plan. It can be as simple as tomorrow. I'm going to have a cup of coffee and I'm going to eat breakfast and I'm going to sit in gratitude, and that's going to be my morning routine. When I'm really good at that, then I'm going to stick to the next thing. What I want you to really really hear for me is that this should be simple right. This should be something that's easy to add into your daily routine and if we can do this consistently, we can really make a difference in the way that we go about our day. When I have a solid morning my day is just better because I've started from a controlled place and I'm moving through my day with a little more intention.

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Amy: Thank you very much everyone. I've enjoyed sharing all of this with you. I wanted to leave plenty of time for questions. The chat has been really active and we appreciate that. Let's take some questions from the chat.

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Susan: I wanted to put forth another question to the poll because 70% of people don't take the time during work, which I'm definitely one of them. I envy you. I envy your morning routine. I have young kids. The morning routine is who knows what's going to happen and make sure the kids go to school on time. So that's my morning routine. I'm just going to put forward this poll because I have an interesting perspective that I want to share with everybody. I wanted to know: does your employer promote taking breaks during work and then, if they do or don't, are you a manager or someone who could influence that sort of structure?

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Amy: Great questions to start this conversation, I'm just jumping in there. What's interesting is that 70% of us aren't taking our breaks, but it looks like 65% of companies are promoting taking breaks. A very uneven balance the way I think about it is like with the well standard. WELL puts forth these requirements in which you have to abide by. LEED is the same thing. If you want to get this certification, you have to do these things, and so there's a body that's telling you that you need to do these things in our conversations. What we are talking about is that you have to do those things. You have to take ownership of your own time, but for so many of us that's very difficult. I hear you in one breath saying you need to go out there and take a break, but I can't physically can't for some people, your corporate culture should actually allow those times. Set those times and actually tell people these are the times, and maybe allow you that opportunity to say: give you permission to take those times like go take a break is not necessarily explicit permission to me. If you're a manager or if you have people that aren't taking breaks, if you actually get with your staff or get with your department and actually come up with our 20 minutes or actually carve that time-out in in the calendar and give permission to people to do so. I'm not the one that does it and and I envy that you can do

that, because I have friends that we're like. Yeah, I'm going to walk the dog, I get to take a break.

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Susan: Absolutely, and I hear you, and that's one of the things that comes out often for people they're like. Well, I'm not going to look when I'm walking right. You know you work for a company, Susan. That encourages employee well being. Right, a lot of people do, and then there are a lot of people that are the complete opposite where they're not encouraged to do that. I think that really we have to inspire you, Susan, to take charge of that because you are already working for a company that's doing that for you. What is it that makes you think that a break isn't valuable to you right and that's what it comes down to? You're not seeing the value in taking that mental break. If you can set a timer and say it is different, so you can't say every day at 1 pm, I'm going to take a break, but you can say every three hours I'm going to set an alarm and I'm going to try and care about 15 minutes around that three hours. You have to give yourself precision. You have to start valuing that this is important and that this is going to shift the way that you work and create those deficiencies. In this whole conversation I have totally figured out what it is and it's slack because black is this online or offline? If I'm off-line, yeah, I feel some type of way about it. I do feel not productive or like people might be wondering what I'm doing. I just have to be on, and so it's interesting. Maybe even there should be slack hours where you know you're not right, it was. I can do it, but you can also close that slack. All right you can. You can slack for those of you that don't know if an instant messaging app is right. Some of you might use teams, there might be other other things out there we use slack at and but I will turn it off. I will shut it down. If I need a few minutes to disconnect, I will turn all of my monitors off. If I need a few minutes, disconnect right. But I have to take that initiative right. Your leader can't take that initiative for you. They've already told you you can do that. Some of us have some from maybe some other cultures where we're really like. If you walked out of the door, they were testing you or saying like, where did you go? I came from an

environment like that. It's very difficult. I hear you but in my head I still think that you know. Maybe it's not like that. I really do need to feel more empowered about that. I say in this poll it shows a huge disconnect where the corporate cultures promote it, but people aren't doing it. Top down influence of actually scheduling that time, like my mom's office. I don't know why, never asked. She's at a doctor's office and she takes an hour off from the phone. I can't get in touch there because facilities do that. They said, the challenge with remote work and the challenge for I think many of us where we're not clocking in necessarily every day right. We're working. Our hours were available in those hours. We really want you guys to hear me and Susan. I want you to hear me and we can certainly continue this. But we really have to take ability for ourselves and say I'm not going to do that anymore. My company. When I look at this poll, 63% of our participants here are allowed to take breaks. Their companies are allowing them to take breaks. Maybe you can take whatever break you need. You have to do it. You have to be accountable to yourself. Consistency will help you if you can do that one day and force yourself to do it the next day, by the third and the fourth day, it's becoming a little easier right and by the end of the year you know how to do that and you've kind of shifted that perspective, and so I think it's really important, as we can. A great break is just a breathing exercise. Five deep breaths, and that is a great break if you can't have, if you're not going to give yourself those ten minutes or five minutes or 15 minutes to step away, just closing your eyes and taking five deep breaths can really help to reship you right. It can help settle your shoulders, release of that stress, and that may be a good way to start if you have this fear of taking breaks totally, recently started the 47 breathing, and that for two weeks now and I've been feeling very interesting. I can't exactly explain why it's making me feel slightly better. Set times throughout your workday to do that and let that be your little minnie break right, and so it's really about utilizing what's already available to you. It's just being accountable for ourselves.

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Amy: Thank you so much for sharing that, Susan. I know a lot of people are feeling that same way. A lot of you have paid breaks, 30 minutes a day. That's great, trying to take breaks and then come back to an avalanche of email and that message. It absolutely is a lot. It doesn't mean taking a break. Is it valuable to you right? It's understanding what value disconnecting is and that it can actually make you more efficient when you get back to your break and when you get back from your break and you're dealing with that of messages. My boss from New York forces us to take a one hour break. It's amazing. It sounds really hard for you to do that, but I am happy that your boss does, because they are showing you the importance of taking that break and stepping away. It can be as easy as not eating lunch at your desk. How easy is it when you work remotely just to bring lunch right back to your desk? Can you not eat lunch at your desk? Can you set a timer to just walk outside and take a breath of fresh air? Is that possible? Can you do a breathing exercise? Can you do five squats? We did a movement when or where we did a couple of squats and just that shift, and we were doing right, going from sitting to a little, a very minor exercise or going from engaged in something to a breathing exercise. That shift can really help us disconnect just for the moment to reset and reboot a little bit right. I'm just going to go through the chat and see if we have any other questions. I like the seven minutes standing workout. Yes, can you work standing upright as part of the well building standard? We do require standing desks for a certain percentage of regular occupants and I can tell you when I'm standing and working versus sitting and working. It is a different right. Another really great idea is a five-minute workout in the office. What can you do at home in just a couple of minutes? That requires you to be present, because that disconnects you right. That's really where the secret is here. I like that you start your team meetings with a stretch. That is amazing. Another thing you can do with your meetings is start them a little early. Show up a little early. You'll be amazed at who on your team shows up a little early looking for a connection. There's another tip that I like to do: morning workout in the office. Yeah, these are great-great questions, great ideas, guys. Thank you so much for sharing with us today

the webinar. We will send out two attendees that we're here today so that you can watch it again.. I'll get that out to you guys in the next couple of days and then you have, if you have any questions or comments, you can email me. I'll put it in the thank you that everything is good. I was just going back through any comments or questions. Thank you, everyone for joining us today. I hope we shared some valuable information and any time we can share this kind of Wellness At Home series with you. We are really excited to do that. I'll go put my email in the chat as well. Feel free to reach out to me if there's anything I can do to help you. I hope you have an amazing 2022. Thank you.

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Amy: I just want to say thank you to our loyal listeners. We actually are celebrating over one year here on the Green Building Matters Podcast and the entire team were stoked and just so glad you continue to listen every Wednesday morning to a new interview with a Green building professional here in this industry or just some pro tips that we want to make sure that you are getting straight from us. Straight to you. Thank you for listening to this episode of the Green building Matters Podcast at GBES.com. Our mission is to advance the green building movement through investing, education and encouragement. Remember, you can go to gbes.com/podcast for any notes and links that we mention in today's episode and you can actually see the other episodes that have already been recorded. With our amazing guess. Please tell your friends about this podcast, tell your colleagues and, if you've really enjoyed it, leave a positive review on tickets. Thank you so much and we'll see you next week's episode.