



FOR IMMEDIATE RELEASE

April 1, 2020

PRESS RELEASE

Tips to Help Improve Your Work from Home Experience

Working at home can be a challenge, especially if there are children in the home. If you have not already, **set a routine for both you and for your children**. Your schedule should include what time your work shift will begin, what time you will take a break and for how long, what time you will have a lunch hour, and when you will end work. Scheduling your breaks and lunch hour ahead of time, will not only create a life/work balance for you, but will also let your children know when you will be available for their attention. Your children's schedule should be similar, with their breaks and lunch periods the same as yours. As the weather allows, make sure to incorporate outdoor time for the children, as it will help burn off that energy! (Source: Pines Behavioral Health).

Staying physically active can be very difficult while working from home. Any little bit helps and **stretching is an easy and essential way to stay active**. Stretching is essential, says Dr. Lee, a professor of medicine at Harvard Medical School, because it helps maintain flexibility. The Mayo Clinic says you should be stretching at least two to three times a week. And you should hold each stretch for 30 seconds for most areas and up to 60 seconds for sore or problem areas. Don't bounce, which can cause injury. Expect to feel tension while you're stretching, but not pain. (Source: Republic Health).



PINES BEHAVIORAL HEALTH

"Life should be enjoyed...not endured"

Stay strong, stay home, stay safe.

Branch County Daily COVID-19 Update for March 31, 2020

<i>Date/Type</i>	Current Positive Cases - Michigan	Deaths - Michigan	Positive Cases - Branch County	Deaths - Branch County
3/26/2020	2,856	60	2*	0
3/27/2020	3,657	92	4*	0
3/28/2020	4,650	111	4*	0
3/29/2020	5,486	132	7*	0
3/30/2020	6,498	184	8*	0
3/31/2020	7,615	259	2 (8*)	0
4/1/2020	9,334	337	2 (14*)	0
<i>Avg. Daily Change</i>	1,079	46	2	0
<i>Change 31 -1</i>	1,719	78	6	0

*Lakeland Correctional Facility

As always, **we remind Branch's residents to stay home and stay safe.** With proper foresight and courage, we will all get through this together.

Stay strong, stay home, stay safe.

Branch County *Michigan*
CountyofBranch.com

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