

HOW DO YOU DISCONNECT FROM WORK/SOCIAL MEDIA AND RELAX?

Tips submitted by NAPABA members



1

A VIRTUAL HANGOUT

Keep Happy Hour going even when working from home! A refreshment and virtual hangout with friends after work might be just what the doctor ordered.

Submitted by Anthony Lai



2

EXPERIMENT WITH MEALS

Take a break from your meal prep routine by cooking fresh meals and challenge yourself with new recipes. Be your own best home chef by trying those kitchen hacks you've seen on Facebook and recreate your favorite restaurant meals through YouTube tutorials.

Submitted by Christine Han



3

NO ELECTRONICS DAY

I have monthly e-free day where I do not turn on the TV or computer. My phone stays in my closet.

Submitted by Anonymous



4

HANG OUT WITH THE KIDS

I asked my kids to read a book or choose a book they have read and write a play based on the story. Afterwards, they used their stuff animals to act out the play.

Submitted by Peggy Huang



5

WATCH FUN VIDEOS

Stream a live shark lagoon cam in your home office; become Dr. Evil.

Submitted by Thy Bui



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