Your Work From Home Routine, According To Your Zodiac Sign

by Girlboss astrologer Lisa Stardust

Getting your hustle on from home may be quite an adjustment for many—especially since the office is not only just a place where we work, but it’s also a social place. Here’s how you can best work from home, based on your zodiac sign:

**Aries**
You may oversleep and kick the day off in overdrive as a result. That won’t stop you from giving your all to projects and completing tasks in record time. WFH will actually stress you out just as much as being in the office, so be sure to take several breaks.

**Taurus**
As long as you have delicious snacks nearby and your laptop and your fanciest slippers on, you’ll be able to get your work done—on your time. You’ll opt to sleep in and start the day when you’re ready to get to work.

**Gemini**
WFH may be the most challenging for you, as you’ll begin to yearn for one-on-one communication. Be careful not to chat your coworkers’s ears off with nonsense from your personal life because you miss not being able to gossip during lunch with them.

**Cancer**
You’re a homebody by nature. Therefore, WFH is the best thing that’s ever happened in your world since sliced bread. Your productivity will be up. Your work ethic and positive attitude will be strengthened, too. You may even volunteer to take on long term projects at work as a result.

**Leo**
Sticking to a schedule is key because you may lose track of time. The reason being is that you can be extremely rigid about your work time at the office, but being at home may change all that due to the lack of structure. Note to self: To-do lists are your friend.

**Virgo**
Being at home will make you extra thirsty for your boss’s attention, as you will have trouble getting their approval from across a computer screen. Volunteer for AMAs, IG live stories, and Q&As to show you’re invested in your company and to get major props from your boss.
**Libra**
Keeping up with social activities, such as Zoom lunch dates, Happy Hour, and morning coffee with your team is essential to you. If you can ensure you still have the same amount of social interaction with your colleagues while working out of the office, WFH will be fine by you.

**Scorpio**
Your workaholic tendencies will make you binge on work for 24 hours straight (working all day and all night), then prompt you to take a break from responding to emails for a day. Your hardworking sentiments will be in overdrive right now, serving as a distraction from the current state of the world.

**Sagittarius**
Set morning rituals to center yourself before logging in to your office’s hard drive. Allow extra time for yourself in the morning to stretch your bones out with light yoga in order to center your fiery energy while WFH. This will help you concentrate throughout the day without any distractions.

**Capricorn**
TBH, working from home will give you extra time to get tasks done (being that you no longer have to travel to and from the office). You can slip in and out of your makeshift office at your leisure and casually work at your own pace, on your own watch.

**Aquarius**
Staying off social media, Netflix, and your phone while working from your temporary home office will prove challenging, as you’re more apt to want to socialize than do your duties. Put your friends on mute now to ensure you concentrate on the tasks at hand. Practice the art of self-control.

**Pisces**
As long as you can overcome all the technical difficulties that come your way from Zoom conference calls with your colleagues, you’ll fly high. At the end of the day, you’ll slide over to the couch and open up a bottle of wine for virtual Happy Hour with your coworkers.

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**ON SOPHIA’S MIND**

How to create balance while working from home, according to Sophia Amoruso:

“It’s important to take time for yourself. Take walks (inside of your house, preferably), take breaks, and pet your dog if you have one. Platforms like Slack, Google Docs, Zoom, and Tandem have been lifesavers for me. Tandem is more like coworking. You sit online over audio so it’s almost like peeking over your desk and asking someone a question. I also set up a proper desk. Instead of working at my kitchen table or on the living room floor, I have my external monitor, a ring light for Zoom calls and Instagram Lives, and a Google Home Hub to ask Google to play the news or Cat Stevens. And there’s always a scented candle nearby.”
How To Set Up A Work From Home Productivity Zone

- **Master your routine**
  Starting the day off on the right foot will get you in the proper headspace to focus on your work tasks. If building a routine from scratch sounds intimidating, start with the basics. Get dressed (even if that just means switching from your nighttime sweats to your daytime sweats), fuel up with breakfast and a cup of coffee or tea, and jot down a to-do list to help you prioritize your workload.

- **Get the ambiance just right**
  Having an orderly, aesthetically pleasing space will help motivate you to sit down and get to work. Bring out your candles, sit by a window for bright light, and forage some flowers from a (safe and masked) walk around the block for a DIY desk bouquet.

- **Create a legit desk space**
  Convert your vanity, bar counter, dinner table, or even ironing board (hey, desperate times call for desperate measures!) into a bonafide working station. As tempting as it is to work from bed, creating a separation from your work and chill zones will serve you in the long run.

- **Perfect your posture**
  Save yourself the back aches by working out the ergonomics of your space. If you don’t have a computer stand, stack coffee table books under your laptop to give your screen a boost so you won’t feel compelled to hunch over. And if you can, alternate between a standing desk and a sitting one to encourage organic movement breaks.

- **Tune out distractions**
  If possible, make sure there’s a door between you and any possible distraction, i.e. your pet, other people, your gaming systems or TV, etc.

- **Block your time**
  Add daily lunch breaks to your calendar so there’s no working through your power meal. Need some additional breaks for stretching your legs and getting fresh air? Add “do not disturb” blocks to your calendar as needed to minimize interruptions and non-urgent calendar invites from your team.

- **Don’t forget to clock out**
  Create a new ritual to try every day to signal the end of the work day. Maybe that’s browsing recipes online to plan out dinner, blowing out your desk candle to shift your headspace, or doing a few at-home pilates moves to get your blood flowing and decompress.
STRAIGHTEN UP:

4 Ways To Have Better Posture Starting Now

1. Check your standing position first. Push your shoulders back and stretch your head toward the sky like someone’s measuring your height. Try not to let your belly or back side stick out.

2. When seated, sit back all the way in your chair and place your feet flat on the floor. Keep your shoulders from rolling forward. Ensure the height of your chair is tailored to you by adjusting it so that your knees bend at a natural 90-degree angle. Try to avoid crossing your legs or ankles.

3. Elevate your screens. If you’re using your phone, try holding it at eye level or higher so you’re not inclined to hunch over. As for your computer monitor, make sure it’s also at eye level or higher by placing it on a stand or adding books and magazines underneath for additional height.

4. Stretch it out. Be sure to take breaks often so you can reset your posture and keep from getting stiff.
Brighten Your Mood (And Your Life) With Color Therapy
by Sophie Pawlowski

The treatment of color as a healing modality isn’t simply a new-age phenomenon—it’s a practice that dates back to ancient civilizations. Although the science on Chromotherapy, the use of light and color to improve mental and physical health, is noticeably lacking, some studies show that color can have a significant effect on our mood and well-being.

According to this report, studies have shown that painting walls a particular shade of pink (think Pepto) has helped greatly reduce violence and aggression among inmates and juvenile delinquents. Another study, published in the American Research Journal of Pharmacy, shows that Chromotherapy even proves effective in treating a host of diseases, like breast cancer and hypothyroidism.

Here’s a quick color guide to get you thinking about the hues you might want to start injecting into your home or work space:

<table>
<thead>
<tr>
<th>Color</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>RED</td>
<td>Vitality, sexuality, willpower</td>
</tr>
<tr>
<td>ORANGE</td>
<td>Happiness, creativity</td>
</tr>
<tr>
<td>GREEN</td>
<td>Purity, harmony</td>
</tr>
<tr>
<td>WHITE</td>
<td>Tranquility</td>
</tr>
<tr>
<td>BLUE</td>
<td>Communication, clarity</td>
</tr>
<tr>
<td>PINK</td>
<td>Beauty, luxury</td>
</tr>
<tr>
<td>YELLOW</td>
<td>Focus, mental stability</td>
</tr>
<tr>
<td>PURPLE</td>
<td>Spirituality</td>
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</tbody>
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Mindful Writing Prompts
To Help You Slow Down
And Come Back To The
Present Moment
by @adelfi.co

Free association
Sometimes a blank page can feel intimidating, so try free association. Look around the room, pick an object, write it down. For example, “coffee mug.” Then write the first word that pops into your head, like “milk,” and the next word that pops into your head, “cow,” and so on and so forth. Little tricks like this can be a fun way to fill a page and unblock your creativity.

5, 4, 3, 2, 1
An oldie but a goodie for when you’re feeling like your anxiety is getting the best of you. Grab a pen and paper and take a few deep breaths. Focus on your 5 senses and write a list of 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, and 1 thing you can taste. This is a great way to bring yourself back to the present moment.

Dream journal
We’ve all been having crazy dreams these days. Try using a dream journal to connect with your creativity. Put the journal closer to your bed than your phone, so it’s the first thing you reach for in the morning. Before bed, do a brain-dump to calm everything that’s buzzing around in your head. Have any big questions? Ask for answers in your dreams. When you wake, write down everything you can remember. You’ll likely find this gets easier and your dreams become more vivid as you get used to writing them down.

Affirmations
Fake it til you make it, baby! Write your affirmations in the present tense as if they have already happened. A good place to start with is “I am...”. Such as, “I am calm and happy today.” Or, “I am creatively using this time to ____________.”