



Working from home – top tips to good mental health and wellbeing

As human beings we are very sociable and take a lot of our sense of purpose and wellbeing from being around other people.

We will experience different responses to working at home and distancing ourselves socially from others in a bid to keep the virus at bay. For some it will be welcomed. Peace and quiet. Plenty of thinking time to get on with those files that need time and attention to progress. No more commuting. No need to get 'office ready' in our appearance. No more time-consuming travel to attend meetings.

For others they will really miss the social interaction in the office, chatting with our colleagues, the sense of belonging to a community.

Here are some recommendations to follow to help ensure you look after both your physical and mental wellbeing whilst you are working from home:

Structure your day

Make sure you treat working from home like you are in the office. Get up at the same time and get dressed – it helps you to be work ready.



Maintain home/work boundaries

If you are able to, set somewhere aside to work or work from the same place each day. This will help you to recognise when you are in 'work mode' and stop the blurring of boundaries.

Get physical

Get up from your desk often, go for a walk in the fresh air if you can. If you can't do your usual exercise routine, adapt – there are lots of online videos to help people keep fit and healthy.



Take regular breaks

Ensure you take yourself away from your desk for your lunch.

Keep hydrated

We should have between 6 – 8 glasses of fluid a day. There is some useful information on the NHS website: www.nhs.uk/live-well/eat-well/water-drinks-nutrition/



Eat well

Plan your meals, ensure regular meal times.

Keep connected

Skype messaging, texts, WhatsApp, telephone calls, telephone team catch up meetings – it's important that we keep in contact with each other and check in to see that we are well.



Plan things to do outside of work hours

Catch up with friends and family (virtually, if necessary), watch a box set, get out the board games, tidy up the garden, declutter your wardrobe, learn a new language, master a musical instrument.

We recognise that the coming weeks and months will be challenging for us and we need to ensure we all maintain good mental health during this time.

There is lots of help available both internally and externally. A list of your Mental Health First Aiders can be found at <http://intranet/default.aspx?page=10460>

Don't hesitate to contact them – they are great listeners and ready to sign-post you to any help that you may need.

As well as being able to contact the MHFAs, there are lots of other sources of information and assistance available to anyone wanting to have more information on mental health and wellbeing.