

LOOKING AFTER YOUR MENTAL HEALTH WHEN WORKING FROM HOME



GET DRESSED AND DO THE THINGS YOU NORMALLY DO BEFORE WORK

Sitting around in your pyjamas may seem like the best idea at first, but this is an early sign of socially disconnecting from the world.

MAKE A DEDICATED WORK SPACE

Your working space needs to feel different to where you reside when not working. It's important to keep that separation in your own mind, otherwise you can easily feel like you're always at work.



KEEP A REGULAR ROUTINE

Set your alarm to start work at the normal time. Have set lunch breaks, and then turn off the computer at the normal finishing time and move away from the place that you've designated "for work".

Taking "commuting" time at the start or end of each work day with a short walk outside, can also help you separate your living and working space and allow you to relax properly.

HUMAN CONTACT IS VITAL

Though social distancing has been encouraged, it's vital to have human contact, especially for those living alone. If possible, seeing a friend or family member is a great way to get the positive effects of interaction.

Setting up cameras for your work meetings so you and your team can see each other, will create much more personal interactions. This alone can help you to feel connected to others.



KEEP UP HEALTHY HABITS

It's very easy to grab a snack at any point from the kitchen when working from home (especially when no one's around). Try to resist that temptation, by eating well and at regular times.

Getting out in the sunshine can also help to boost your vitamin D levels, which protects against respiratory tract infections like Coronavirus.

PUT A BLOCK ON SOCIAL MEDIA

If you feel you'll be distracted by social media during your working day, why not try applications that block social sites for certain hours? Blocking these sites could do wonders for your motivation and productivity.

