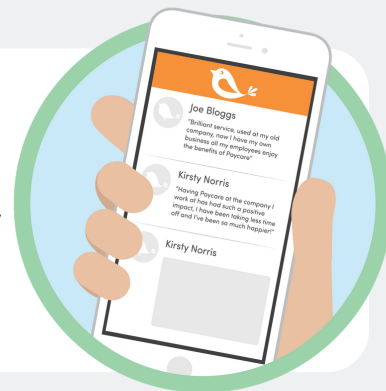


# 4 Top Tips for Working from Home

## Social Interaction

As offices and schools shut and people prepare to work from home, many are feeling cut off from their everyday activities and social lives. **Phone calls, group chats and video calls are amazing** and are a great way to stay connected - **lifting your mood and making us feel that little less lonely**. Remember, it's super important to reach out and stay in contact with your loved ones, friends and colleagues.



## Home Workouts & Exercise

It's hugely important to maintain a healthy, active lifestyle whilst working from home. Plan your day by going on a **10,000 step walk, having a jog or even doing a workout** from the comfort of your own home! Tune into **online video workouts** or create mini circuits in the garden to keep you and your kids moving. **Staying active will help reduce and manage any stresses or anxieties** you may experience, and having a routine might help with your focus. Remember to **keep away from people** at all times where possible.

## Regular Breaks

Working from home can encourage many of us to work outside of normal office hours. You may find yourself **checking emails at midnight, not eating breakfast until 1pm and sitting in the same spot for over 6 hours**. This can affect both your physical and mental health, so it's important to get up and move every 30 minutes. **Plan in regular breaks and eat lunch away from your workstation**. Get some natural light and practice self-care throughout the day, it's important to maintain a work-life balance.



## Routine & The Right to Disconnect

Working from home regularly may mean your **normal routine is disrupted**. Take some time to **write down a routine** - perhaps in the form of a timetable or schedule. By doing so, it will give you a **sense of order and normality**. If your work emails are synced to your phone, remember to disable notifications during your personal time, to allow you to **switch off and relax** until you officially return to 'work mode'. Taking breaks off social media will also work wonders!

REFERENCES:  
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