

Tips for Working at Home



Most of us will be working from home during this time for the purpose of keeping us all as safe as possible during the coronavirus outbreak. It is important we recognise how it may affect our mental health and ensure we are taking care of ourselves and colleagues. Here are some ideas to help guide you through the transition to working at home, self-isolation, and to encourage mental well-being. We will be regularly posting resources and well-being ideas on our website; www.psychologyassociates.org.uk

Tip 1

Stay active

Staying active is very important in terms of not only physical health, but also mental health. Going for a walk during the day will help break up your day and work-load. Exercise can contribute to the release of endorphins which will consequently benefit your mental health. Working from home may lead to increased feelings of worry and loneliness. Therefore, by going for a walk or simply opening a window and getting some fresh air can give you a sense of space (for your mind and body).

Tip 3

Stay connected

Keeping in touch online or by phone is important now more than ever to stay connected to loved ones. By regularly communicating with others will enable you to feel more connected with colleagues and those you love. As much as it's important to stay connected to current news and events and to stay up to date on following the advised guidelines, try and limit this to once or twice in a day. Overwhelming yourself with too much information may cause you to worry and feel anxious. (For or up to date guidance, visit: <https://www.gov.uk/coronavirus>).

Tip 2

Nutrition

Try as best as you can to stick to a balanced and healthy diet whilst working from home. It's okay to have a treat as part of a balanced diet, however vitamins and minerals, and fresh foods, are crucial to physical and mental health. Eating healthily will help you feel more energised. Eating regularly and selecting foods that release energy slowly will help to keep your sugar levels steady. Keeping sugar levels steady will help with feeling positive.

**<https://maxliving.com/healthy-articles/how-sugar-affects-moods>*

Tip 4

Implement a Routine

Whether you are working or studying at home, formulating a plan and realistic routine to stick to, as best as possible, will make the new adjustment to your normal working day easier to manage. Ensure within your routine however, to set aside time for breaks and stepping away from your work/computer. It is important to ensure a work life balance even more so whilst working from home. This can easily be achieved by setting alarms for breaks and when to finish your working day. You could take use technology such as, Zoom and Skype to reach out to a friend or loved one during a break.

We at Psychology Associates hope this advice benefits you. We are still open and are taking referral, if you require any further information about our services available please do get in touch with the team at enquiry@psychologyassociates.org.uk or 0845 026 7260