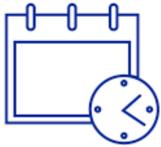


How to look after you mental health whilst working from home



Routine

Resist the temptation to lie in or get up at vastly different times of the day. We are creatures of habit and it's good to maintain a sense of a routine to stabilise our internal body clocks.

Prepare for a “work day” as you normally would as this helps your mindset.

If possible, have an allocated workspace (ideally not in your bedroom) - the corner of the dining room table is fine if you don't have a home office.

Take regular breaks from your screen/desk and have a stretch. Its good for your mental and physical energies and can help prevent back ache if you're on an uncomfortable chair.

Set boundaries and switch off at the end of the day to avoid work creeping into your home-life.



Exercise

Incorporate regular exercise (within the social distancing guidelines).

There are lots of free online classes from yoga to bootcamps, but choose what you enjoy as you will get far more benefit from it.

Vigorous exercise is also great for reducing the stress hormones.



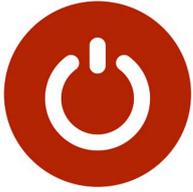
Connected

We are social creatures (to varying degrees!) and need human connections, especially during times of adversity.

Keep in touch with colleagues and your manager. Or if you are self employed, do you have a trusted professional colleague, coach or mentor? Maintain regular 1:1 reviews with managers.

During conference calls/webinars allow time to check in and ask how people are doing. Ask them what is going well, and also what may need their focus to change/improve. Don't feel that you have to use the time purely to discuss the task at hand.

Consider virtual social sessions for team members (coffee and/or booze optional).



Relax

It's as important as ever to switch off and relax. Our brains are working overtime trying to figure out this new way of working and create new routines and habits so may be feeling much more tired than usual.

We only have finite mental energies which need to be rested and replenished. Sports people value their rest days as much as they do their training days; we should apply the same to our minds.



Support

We are all unique and respond to situations in very different ways - at present some people will be thriving, others will just about be surviving.

If you are struggling, please speak to your manager, HR team, Mental Health First Aider, etc sooner rather than later. Or give me a shout by email or phone below.

And finally don't forget the basics - sleep, water, healthy diet and daylight!



Anna Golawski is a post-graduate qualified coach and facilitator who works predominantly with leaders and managers in both the private and public sectors.

She has over 20 years' experience working for large corporates (including Harrods, IBM and Rolls Royce) and brings with her strong HR and commercial experience.

Anna is particularly interested in helping corporate organisations and their employees to better manage stress and performance in the workplace.

For further information, please contact:

anna@stratuscoaching.co.uk

07799334594