Supporting your health and wellbeing whilst working from home

DID YOU KNOW?

Less than
30%
of the UK workforce worked from home before the **Coronavirus (COVID-19) outbreak**

Approx
60%
worked from home **during lockdown**

49%
say their mental health has declined **since working from home**

EVEN THOUGH THERE ARE DEFINITE BENEFITS TO WORKING FROM HOME, THERE ARE ALSO SOME POTENTIAL DRAWBACKS, INCLUDING A NEGATIVE EFFECT ON YOUR HEALTH AND WELLBEING. HOW CAN YOU SUPPORT YOUR OWN MENTAL HEALTH?

CREATE A ROUTINE

Schedule your work and your after-work activities
Develop your personal wellness action plan
Establish an after-work ritual to mark the end of your working day

SET BOUNDARIES

Learn to say no
Protect your work time
Equally protect your private time

STAY CONNECTED

Make time for formal and informal conversations
Use the technology available

skype®   Microsoft Teams   zoom

Check your messages for clarity and emotional tone

LOOK AFTER YOUR PHYSICAL WELLBEING

Eat well and stay hydrated
Exercise and enjoy nature
Take regular breaks, make time for relaxation and get enough sleep

MANAGE DIFFICULT FEELINGS

Manage your media intake
Focus on what you can control
Try meditation, mindfulness or mental wellbeing audio guides

KEEP YOUR MIND ACTIVE

Read or do cross word puzzles
Draw, paint and be as creative as you like
Learn something new

For more health and safety resources
virtual-college.co.uk/resources

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