

# 5 WAYS TO LOOK AFTER YOUR WELLBEING WHILE WORKING FROM HOME



## Stick to a routine

Ensure you have regular bedtimes and allow time for breaks, exercise and enjoyable activities. Equally, know when to end the workday and step away from your desk and emails.



## Stay connected

Human interaction is important for mental wellbeing at times of stress. Make sure you connect with not only work colleagues but family and friends. Technology is your friend.



## Find ways to spend your time

There are plenty of physical, productive, stimulating and relaxing tasks you can do at home. Make sure you mix up your activities and find balance.



## Limit news and stick to reputable sources

Being exposed to large volumes of news and negative information can compound feelings of anxiety. We all need to maintain a healthy perspective.



## Seek support

If you are feeling overwhelmed or have experienced mental health issues in the past, it's important to seek support from your family, friends, GP or your company's EAP services.