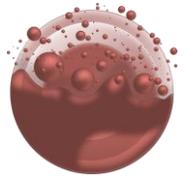


# Staying Positive

## Physical & Mental Wellbeing at Home



The spread of the coronavirus is a very worrying news for us all. Turn on the TV and we hear stories of people in self-isolation, border closures and, tragically, an escalating death toll among the vulnerable. You may have already been asked by your employer to limit travel, work from home or avoid other people, and you may be finding it harder than you first thought.

Here are a few tips that you may find useful if you are feeling anxious:



### Limit News Overexposure:

Limit the time you listen to news about the virus. Sensational news stories can perpetuate unnecessary anxiety.

### Participate in Healthy Activities:

Engage in the lifestyle that encourages resilience and a healthy balance between work and home life:



Eat a healthy diet and get regular exercise



Get enough rest



Seek enjoyment (Stop and appreciate the things that are important to you: family, nature, music etc.)



Enjoy moments (a smile, the smell of a flower, a cup of coffee, reading a good book, petting your dog, a movie, etc.)

Our collaborative partner, Healthy Performance is running two **FREE** webinars '[Wellbeing for Remote Workers](#)' next Tuesday 24/03/2020 at 10am and 1pm. They will be useful and practical sessions covering a range of topics including Nutrition, Hydration, Activity, Back Care and Mental Health. Please register your interest by following the instructions below:

- ✓ Visit – [www.healthyevents.co.uk](http://www.healthyevents.co.uk)
- ✓ Booking Code – **REMOTE**

Follow the on screen instructions to register your interest.

# Tips for working from home



- Create a workspace - get yourself organised and clear away any clutter, making sure there are no trailing cables that you or others can trip over.
- Be mindful of the Health & Safety Display Screen Equipment guidance, ideally always work at a table sitting on a chair; avoid working on a sofa or bed.
- Work your regular hours - maintain a distinction between work time and personal time by turning off your computer and emails when you finish the working day.
- Structure and maintaining routines can be helpful when working in your home environment. Have a coffee and take a lunch break as you would normally do.
- Keep moving. Take regular movement breaks and stretches using opportunities such as making and taking phone calls to stand up and walk around.
- Where family members or housemates are also at home, it's important that they understand you are at work - ask them to support you by respecting your work time.
- Stay connected. Don't be afraid to pick up the phone or initiate an online chat conversation with your colleagues. Engaging in a little small talk and having a quick chat is a great way to feel connected and involved with office life, even when you're not physically there.
- Keep healthy. When our energy levels dip, it can be easy for unhealthy habits to set in (snacking on sugary treats and drinks etc.). It's important to have self-control. Open a window in your work area and grab some fresh air by stepping out into the garden. Try some gentle exercising at home.
- Regardless of where you carry out work, the council's information security requirements always apply.
- Make your manager aware of any difficulties you are experiencing as a result of working from home. You can always access your company's Employee Assistance Programme for free, confidential support to help cope with wellbeing issues and legal and financial queries. Alternatively use the government website (see link below), your local authorities or your bank. All have useful information.

<https://www.gov.uk/government/news/coronavirus-support-for-employees-benefit-claimants-and-businesses>