



**HEALTHY WORKING FROM HOME**

# **TOOL KIT PART III**



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## MENTAL WELLBEING



As time goes on, not only is the current lock-down impacting on the practicalities and health of our now-life, it's also taking a toll on our mental wellbeing.

So, how do you protect yourself and your loved ones mental and emotional health during this time? We think we have some advice that will help.

If you have time this week, take a look at our [Virtual Classroom Courses](#)

Watch the recording of our Healthy Working at Home webinar in your own time, or maybe pass it on to a colleague or friend.

[Healthy Working from Home](#)

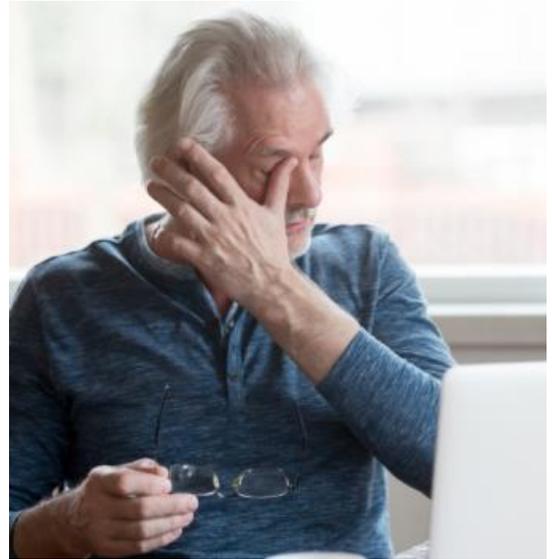
## TOOL KIT

### \* MENTAL WELLBEING

Coronavirus has affected all aspects of our lives and the constant news about the pandemic can feel never-ending. Not only is it impacting our ability to work effectively from home but it is taking its toll on our mental health too.

#### TOP TIPS FOR GETTING THROUGH THE DAY

- \* Create a routine and set alarms to get you into a rhythm of when to start and end your day and take breaks.
- \* Do something everyday that you find relaxing such as cooking, meditation, having a bath or just 10 minutes of quiet.
- \* Replace your usual in-person social interactions with scheduled video calls with friends and family.
- \* Make sure you take breaks. Restrict your online meetings to a maximum of 45 mins with a minimum gap of 15 minutes between each one.



- \* Set a positive personal goal for the next 6 weeks.
- \* Take regular exercise, it's really good for mental as well as physical well-being.
- \* Set up a "buddy group" with family and friends. Regularly checking in with people, either on line or by phone
- \* Offer support to anyone struggling or reach out to others if you need to.
- \* Although we want to know what's going on, it can help to turn off the news from time to time.
- \* Be kind to yourself. It's important to recognise when you need to take a break.
- \* Try to relax and focus on positive things, knowing that every effort is being made globally to bring this situation to a close, but it will take time.
- \* Find and share things that make you laugh.
- \* Learn something to boost your confidence. If you feel well enough, maybe take a look at [Cegos' Virtual Classroom Learning](#).





BEYOND KNOWLEDGE\*

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