

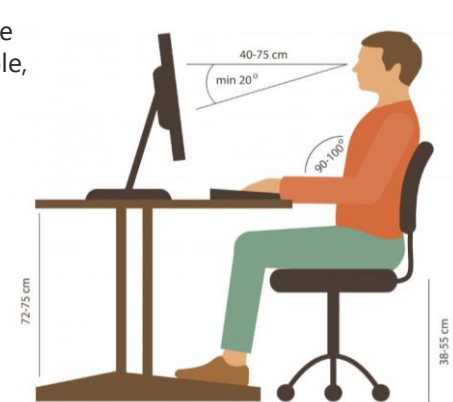
#WORKWELL NEWSLETTER – WORKING WELL FROM HOME

After a brief hiatus, #WorkWell is back! This week we are focusing on how to work well from home which is something we will all have to get used to for the foreseeable future. Special mention to **Isha** who has collated some of these tips below!

TIPS FOR WORKING FROM HOME Some of these are obvious but they are always worth being reminded of!

Make a workspace at Home

- ❖ Have a dedicated area where you work from and if possible, try to keep it separate from where you sleep – it is important to try and keep home and work as two separate areas.
- ❖ Ensure that your desk is a suitable and supportive to minimise strain on your back. [Follow this link to the NHS website to follow their guidelines](#)




Will P shared this video on how to actually work from home – [LINK HERE](#)

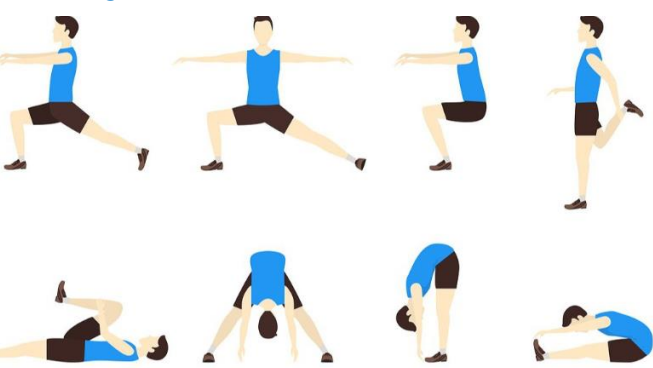


- ❖ Stay organized and on top of upcoming deadlines. **Lizzie** has created this colour coded calendar and schedule! Love your work Lizzie!
- ❖ Establish a daily routine and stick to it – avoid the temptation to sleep in and stick to regular working hours.
- ❖ Take regular breaks from the screen and to refocus.



Stay fit and healthy

- ❖ Go outside for a walk on your lunch break – make it your one form of exercise.
- ❖ For those of us with a Psyche shaped hole in our lives, they are posting free workouts on their Instagram – to go through, [click on the picture](#)
- ❖ Stay hydrated – have a glass of water once an hour to help you get the recommended 2 litres a day
- ❖ Eat plenty of fruit and veg to support your immune function and energy levels
- ❖ Have a good sleep routine 
- ❖ Remember to stretch! This could be an opportunity to start yoga if you haven't before. Some links on YouTube for some good instructors:



Stay connected

If you or someone you know is finding this time particularly distressing, **Mind** have some information which may be helpful – [LINK HERE](#)

- ❖ Ensure you check in regularly with your team members. Use Teams for “watercooler” chats as well as regular meetings!
- ❖ There are lots of apps to stay connected with your friends and family
 - [Houseparty](#)
 - [Zoom](#)
- ❖ We are having Teams Friday Fridge today with a quiz so please join us and remember to BYOB!



Reminder!
The clocks spring forward this weekend!



Ways you can help
Helle has been using the Covid-19 tracker app every day. This is helping the NHS track the spread of Covid-19 – [link here](#)

