

Tips for professionals to support your Mental Health whilst 'Working from Home'

With many professionals working at home, due to the current pandemic, it is important to acknowledge that for many this can be quite a challenging & stressful situation.

Here are some things to consider, throughout a typical working day to hopefully provide structure & reduce stress & anxiety.....



Keep a routine of sleep



Prepare as though it is normal day at work



Dress in something that is smart but comfortable



Consider the environment you are working in



Create a 'To-do' list to help keep you focused & motivated



Take regular breaks



If you have been on videocalls throughout the day - perhaps take a brek from contacting friends & family in the evening as it can get tiring



Take regular walks / exercise - perhaps before you start work & once you have finished



Maintain a healthy & balanced diet

Remember that these are unprecedented times & be kind to yourself - you may not be as productive as you would normally but that is okay! Do what you are able to do and take care of yourself!