

2020 has been a year many of us will not forget. It's been a year in which we have had to adapt, sacrifice and overcome.

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22

So how can we look after ourselves?



'Go home' after work (even though you are home)

Remember to leave your work behind and close our laptop when you would usually leave work, so you can then enjoy your personal time.



Communicate your needs

If you need extra support or have any questions then reach out to your manager or colleagues.



Be kind to yourself

Be realistic. These are times that we are not used to. Try not to be too hard on yourself if you are less productive than usual.



Stay connected

Read your organisation's newsletter, start a conversation with someone new on workplace or catch up on a video call with a coffee.



Get some fresh air

Even if it's sitting outside in your breaks or going on a walk, fresh air has been proven to lift our moods.

So how can we make sure that we are looking after ourselves when working from home?



Switch a negative to a positive

Working from home means less time commuting, no sneaky takeaway for lunch or a great time to learn something new!



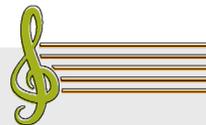
Correct workspace

Try to find somewhere quiet and where distractions will be minimal. Remember to make sure you are comfortable. Refer to your DSE for further information.



Take breaks

Ever get tempted to sit at your desk and eat your lunch? Now is time to stop. Take that well deserved break which can help relieve stress levels.



Listen to music

Listening to the radio in the background can help you feel less isolated. Classical music has also been found to help with concentration!



Routine

Make sure to have clear boundaries of personal and work life. Get up at your usual time and 'get ready for work' and don't forget to finish at your usual time

Working from home was a new challenge and an unfamiliar situation for us all, which we had to adapt to and make quick changes. Now we are nearly a year on, and we are all trying to adapt to the 'new normal' that everyone keeps referring to. Working in isolation, away from our colleagues, has had a huge impact on our mental health. Some of us have been easing back into the office, but most of us still find ourselves mostly working from home for the foreseeable.

So make sure you are looking after yourself during this time.

REMEMBER!!! You are not alone! Speak with your mental health first aiders, link up reps or health and safety reps if you are concerned or want any advice or support.