

Homeworking Wellbeing



1

Comfortable workspace - Set your workspace up so you can focus and take a breather when you need to.

2

Pace your day - Schedule your support/work with space for de-brief's, time to reflect and check- in's where required.

3

Stay connected - Ensure you maintain regular contact with your team via calls or video link.

4

Seek advice - When you need guidance on anything ask as early as possible.

5

Talk things through - If you feel worried or concerned about anything contact a supervisor or manager.

6

Routine - Try to maintain a routine that helps you to feel balanced and grounded and a sense of achievement.

7

Regular praise - Recognise you are doing a valuable and worthwhile job.

8

Self-care - Take regular breaks and use relaxation techniques throughout the day if this helps.

9

Wellbeing activity - Do a mini wellbeing activity between calls/work tasks if this helps to keep you well and focused.

10

Kindness - Be kind to yourself do something after work that makes you feel cared for.