



Wellbeing during the Coronavirus pandemic

Equipment

- If you have previously not worked from home much, you may not have invested in the best equipment for this purpose. Given that the current government advice is that social distancing could last 3 months or longer, this may now be the time to do so (if you can);
- Ensure good broadband connection;
- Access to video conferencing. Work out the best place for your camera. Think about the background – what the other participants will see, lighting (you need to be front lit not back lit otherwise you will be in silhouette etc. Some good tips in this blog by Esther Stanhope <https://www.estherstanhope.com/blog/2020/3/19/top-5-tips-to-ace-video-calls-amp-clips>;
- Make sure your device is somewhere stable where you are not having to hold the equipment for long periods of time (this looks unprofessional).
- Connect a large monitor to your laptop – three months of working on a laptop is likely to lead to neck and back issues. Ensure the monitor is at the correct height;
- If you need it invest in a decent duplex printer (Argos, Amazon, etc);
- Invest in noise cancelling headphones if you are in a noisy household or neighbourhood;
- There are a number of free apps which help with keeping track of hours worked each day such as Toggle or Klok.