



Wellbeing during the Coronavirus pandemic

Location

- Create a defined workspace within your household. Preferably one:
 - where there is least distraction;
 - not where you sleep or relax;
 - somewhere you can leave to create a feeling of the 'end of the working day' or you can leave papers if you are in the middle of a piece of work (or if not possible, at least be able to close down and put out of sight such as in a box),
 - Somewhere with a door which you can choose to close if you need to, or the closure of the door is a signal to other household members that you are not available;
- Ensure it is somewhere with good Wi-Fi, has natural light (if possible) and a good temperature (not the coldest corner of the house);
- Avoid anywhere that is a high traffic area for family;
- Have things around you that make you happy, such as fresh flowers, plants, photos, ability to play music.