



Wellbeing during the Coronavirus pandemic

Motivation

- Work in short bursts – you will probably concentrate for shorter periods than if working in Chambers;
- Decide in advance whether to have a break at a specific time, or whether you are going to work for set periods of time i.e. 1 hour of work and then have a break either for a drink or to walk around. If you work for long periods of time without a break, you can lose productivity;
- Find ‘easy wins’ on your to do list. If you are able to tick tasks off a list, it can help you feel productive and generate a sense of momentum;
- Over time, you will find that there are times of the day when you are less productive. Don’t try and force the impossible. Acknowledge these and have particular tasks you keep for those periods, such as admin or replying to simple emails even the washing up or filling the dishwasher;
- If you are being unproductive don’t be afraid to take a break. Often if you take a break it gives you the motivation to start again and you will be more productive;
- If you are struggling to get motivated tell yourself you will just work for 20 mins and then take a break. Often you will find after that 20 minutes you are engaged in the task and do not need to stop;
- Try to take on one task at a time, rather than hop between tasks;
- Ensure you make time in your routine for self-care.