



## Wellbeing during the Coronavirus pandemic

### **Routine – keep it simple**

- Decide when you plan to wake up and keep a consistent time;
- Decide when you will start work and when you will finish. This does not have to be 9-5pm if that does not fit your clients' or family's needs or your body clock;
- Find a way to delineate between home time and work time. Some find just moving to the work location is sufficient (see below); others suggest a short walk around the block before work, a stretching routine or yoga, walking the dog or doing the washing up – this can notify the brain that you are moving from breakfast (relaxation) into work mode;
- Take account of anyone else you share your household with and the habits of your neighbours if you live in close proximity – it is a waste of energy to resent things that you won't or you can't change;
- Ensure any meetings you arrange with clients fit within your timetable – ensure you maintain boundaries. Also try to arrange meetings at a specific time, that way you are less likely to miss them because you have chosen that time to have a break away from your screen;
- Maintaining boundaries also applies to family members - just because you are at home does not mean you are available at all times to the rest of your household. Schedule a time when you will take a break and help. This might help limit pestering or resentment from those you have no choice at the moment but to be in close proximity to;
- Delineate the end of the working day from relaxation time. Create an evening event that means you have a reason to break away from work – exercise, hobby, dinner with family, favourite TV programme, virtual gathering with friends or family. Try and see the potential that working from home has in terms of cutting down on your travel time and allowing you to have more time to engage with family members and friends, whether in person if they live in your household or remotely.
- If you live with others, engage all in the household in creating this routine – if possible. You are more likely to get agreement and to get everyone to adhere to the routine. This is particularly important if multiple people in household need good broadband service for video conferencing or there is only one work space.

