



Wellbeing during the Coronavirus pandemic

Social media

- Think about how you intend to respond to non-work emails and WhatsApp messages during working hours. A good method is to have fixed times to check these emails and messages – especially now a lot of people are at home so may not be sticking to a 9-5 regime and using this technology to maintain social contact;
- If social media is an issue there are good social media blocking apps which you can set for work hours;
- Consider whether you can turn off email alerts and just check them at specific times.