

Supporting you during the COVID-19 outbreak

Tips for looking after your mental health when working from home

As many staff are now working from home, it is important to reduce any feelings of isolation and do everything we can to support and manage both mental and physical health.

Get set up...

If possible, have a regular sleep routine. Aim to wake up at the same time every day to help keep your internal clock and improve your overall sleep. Try to keep your established morning routine and get ready as though you are going on site. Try to ensure your work area is separate from your sleeping area to help you differentiate between home and work life.

Get moving...

Stay active and exercise when you can. If you are not self-isolating, get outdoors and try to go for a walk or jog before you start work, to help you mentally 'arrive' at work. If you must stay indoors, try to find some home-based activities that may suit you.

Eat well...

Eat and drink healthily with plenty of fruit, vegetables and water. Try to take a clearly defined lunch break and take regular screen breaks.

Stay connected...

When working remotely, human connections are more important than ever. Adapt your working style to ensure you communicate with your team. Try video calling and virtual coffee breaks where possible. Consider checking in with team members at the beginning and the end of the day – it's likely you are all feeling the same!

Stay social...

Schedule regular catch ups – remember, you are a team, so look after yourself and each other. If working on the same document, why not say 'hello' to discuss and work together? If you use video calling, why not give your colleagues a tour of your workspace or show them your pets at the end of a catch up?

Set some time for self-care...

Keep in touch with friends and family, go outside when you can, and continue to do the things you enjoy, such as listening to music or find new rewarding activities to do; for instance, home exercise routines, relaxing crafts or online classes.

Get support...

If you are feeling overwhelmed or notice changes in your mood, remember that there are lots of resources available to help you:

- Health Assured 24/7 telephone counselling
- Health e-hub, Headspace and other apps
- The Psychological Wellbeing Service especially for CUH staff
- Time Out coaching
- The Freedom to Speak Up service
- Other support services

Our Occupational Health and Wellbeing team take mental health very seriously and are dedicated to supporting staff in all health at work matters.

For full details go to
www.ohwellbeing.com