

Six things you can do to...

look after yourself while working from home

Our tips will also help you prepare for the transition from home working to 'normal work'



#2. Get ready for work

Shower, get out of your pyjamas, comb your hair and have breakfast - these all send a message to your brain to help you get ready for the day ahead.



#4. Set and stick to a daily work routine

Don't let the lines between work and personal time get blurred - set yourself a steady daily work schedule and stick to it.



#6. Have a clock off time

Set a clocking on and clocking off time and make sure that when you do clock off you don't check work emails or take calls



#1. Keep a consistent sleep schedule

Go to bed at your 'normal' time throughout your working week and set an alarm to get up at your normal work time too.



#3. Have a 'home to work commute' time

Spend the time you'd normally use for commuting to do something you enjoy! Take a walk, do some exercise or read a book.



#5. Take a lunch break

Eat a real lunch at a set lunchtime and make sure you have plenty of other breaks away from your screen throughout the day too.



Healthworks
the community health charity