

Working from home – Mental health and wellbeing

We know that this is an anxious time for many people and that working from home can also increase feelings of social isolation, so we would like to advise some steps you can take to make this time feel as normal and comfortable as possible.

Keep to as much of a normal routine as possible

A routine will help to keep you focussed, alert and keep the sense of normality. Make sure you keep to your normal working hours where possible, and although work and home are now in the same space, don't let them merge into one. Make sure you keep the barriers in place so that you can still 'step away' from work at the end of the day. Although working from home creates great flexibility, you also don't want this to eat into your personal life. Create an enjoyable, quiet and comfortable place for working which you can pack up at the end of each day.

Stay active and healthy

Exercise releases endorphins, keeping you in a better mood and with more energy. You can follow online videos or perhaps go to a walk in a local park. It doesn't have to be a lot, a small effort will make a big difference. Being at home means it's a lot easier to grab something quick and easy from the cupboard to eat. Things that are quick and easy can make you start to feel lethargic, so try and have a healthy lunch to keep you going throughout the day.

Some exercise routines you can follow are listed here:

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

<https://www.youtube.com/watch?v=urkqbwo6C3c>

Keep Talking

Make sure you stay in contact with your peers. Working from home can make you feel very socially distanced, so having those 5-minute phone conversations or Facetime (social or work) can not only help mentally but also help keep up to date regarding work-load. Communication is key! There are many other ways to communicate, too such as Teams or Skype.

Stay Organised

Create to-do lists, a planner or create a vision board and use sticky-notes for each task to move to the correct area once completed. The ticking off of jobs or moving things across will give you a sense of accomplishment and show you how much you have managed to complete throughout the day. It can be difficult at first setting up in a different area away from the workplace, so creating these lists will help you to keep on track.

Limit distractions

Working from home is still a normal day, so don't put the TV on or work in clothes you wouldn't usually. These things won't help you feel mentally prepared and ready for work and will lower your productivity. If it's too quiet, try having music you enjoy on in the background will help lift your mood, or put the radio on so that it creates a feeling similar to when there are people working around you. Working in loungewear or pyjamas will also lower your productivity, so make sure that you stay with your normal routine and 'get ready for work'.

Limiting distractions is important, but it is also important to remember to take those short breaks throughout the day away from your computer screen. It helps to break your day up and keep being productive.

Places to go for help

If you feel that it may help you to talk to someone, we have the following people trained in Mental Health First Aid and we encourage you to pick up the phone or send an email to find out how we can help you.

Neil Soloman	07834 500223	neil.soloman@watermanaspen.co.uk
Danny Green	07500 944195	danny.green@watermanaspen.co.uk
Andrew Bruce	07726 694290	andrew.bruce@watermanaspen.co.uk
Esther Lawton	07884 653248	esther.lawton@watermanaspen.co.uk
Faye Dawes	07391 407641	faye.dawes@watermanaspen.co.uk
Linda McGregor	07726 995622	linda.mcgregor@watermanaspen.co.uk
Chris Young	07500 944194	chris.young@watermanaspen.co.uk
Ben McGrath	07767 256687	ben.mcgrath@watermanaspen.co.uk
Paul Bradford	07738 417438	paul.bradford@watermanaspen.co.uk
Tanweer Araf	07469 119092	tanweer.araf@watermanaspen.co.uk
Graeme Wasilew	07715 677044	graeme.wasilew@watermanaspen.co.uk
Jamie Lee-Francis	07787 550275	jamie-lee.francis@watermanaspen.co.uk

You also have access to our confidential counselling service and employee assistance programme provided by Health Assured. They can be contacted by calling 0800 030 5182 or visit their website www.healthassuredeap.co.uk with the user name: **waterman** and password: **group**.

You can find out about Time to Talk here <https://www.time-to-change.org.uk/get-involved/time-talk-day>

There are lots of other places you can go for support and some of them can be found here <https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support>

Look after yourself and set aside time to prioritise self-care – [find some simple self-care tips here](#).

For information about mental health and coronavirus visit:

- [Mental Health Foundation's tips for looking after your mental health during the coronavirus outbreak](#)
- [Coronavirus and your wellbeing](#)

If you're feeling anxious or isolated, remember that support is out there.