

TAKING CARE OF YOUR MENTAL WELLBEING – EMPLOYEE RESOURCE

Under normal circumstances, we often welcome the opportunity to work from home for a day or two as it generally means we are able to have a productive day with minimal interruptions. However, working from home in enforced circumstances like lockdown can feel very different, and may be much more difficult, which is why it is even more important to take care of your mental wellbeing at these times.

Achieving the right balance when it comes to home and work life can be very challenging at the best of times. In particular, this can become more of a struggle when working at home as the boundaries between home and work life can become blurred. Being based at home every single day is a big adjustment for many of us and it is important to try and keep a degree of separation between work and home life where possible. Acknowledging the fact that this arrangement can be challenging is often helpful and we would encourage you to have regular, open and honest conversations with your line manager.

Our top tips for balancing work & home life:

1. Try to schedule your work time and non work time and discuss this with your manager as required. You may wish to then let your colleagues know when you will be available for work matters and, conversely, when you have to prioritise other issues.
2. If you have childcare or other caring responsibilities which mean that working during the day is difficult, perhaps you can do some work in the evenings or at weekends, when others can help. Every individual's situation is different and the organisation will aim to help you where possible.
3. Try to separate work from home. It's important to create healthy work habits at home such as ensuring your workspace is separate from your sleeping space. A separate room is ideal, but if that's not possible, try to create a workspace in a quieter area of your house. If this isn't possible, ensure as much of your equipment is put away and try to go out for a walk after finishing work to separate work from your free time.
4. Ideally work from a desk and chair avoid the sofa or bed if you possibly can they're not good for your posture, or creating a work like environment which might help you keep work separate.
5. Regularly check in with your manager to ensure you are both clear about what your work priorities are at this time
6. Remember to take regular breaks from work including meal breaks. Taking breaks away from the screen including getting up and walking about the room, is incredibly important to your wellbeing. Another healthy habit is to make sure you take your full lunch break and use this time to get outside (weather permitting).
7. Self-care is also important for managing your mental wellbeing, particularly when it is more difficult to access support measures.

Here are some examples of self-care that can be introduced into your day that will hopefully make a big difference to your mental wellbeing:

GET IN TOUCH

If you have any questions, or would like further support, please get in touch with Georgia Wilson by calling 0141 221 2984 or by email at georgia.wilson@aab.uk.

TAKING CARE OF YOUR MENTAL WELLBEING – EMPLOYEE RESOURCE

Here are some examples of self-care that can be introduced into your day that will hopefully make a big difference to your mental wellbeing:

- Exercise going for a walk or run or doing an at home workout video. Whatever suits you best!
- Yoga meditation and breathing exercises this can be a quick 5 minute session before you start work, after you finish or at different points throughout the day.
- Eating well - we all know this is easier said than done. Don't forget, you can share your healthy recipes with your colleagues photos of your healthy creations are encouraged!

Your commute from your bedroom to wherever you are working at home will be considerably shorter than your normal commute and this could be an ideal opportunity to use the time to plan a bit of self-care into your day. This doesn't have to be exercise or meditation but can be something else you enjoy doing for example, reading, spending time with your family or listening to some music

Now, more than ever, it is important to stay connected with your colleagues. Everyone will have good and bad days but hopefully keeping in touch with your colleagues and implementing some self-care tips will ensure we are all doing what we can to take care of our mental wellbeing.

GET IN TOUCH

If you have any questions, or would like further support, please get in touch with Georgia Wilson by calling 0141 221 2984 or by email at georgia.wilson@aab.uk.