



healthyperformance®

Wellbeing for Remote Workers



Top Wellbeing Tips for Remote Working



Dress for the office

It might sound strange but dress as if you are going to be at work as this can be really helpful to get you into the right mindset and start the day positively. It's probably going to be a more productive day than sitting around in your onesies all day!



Eat and drink healthy

It's all too easy to choose sugary and fatty snacks when working from home so why not buy some fruit or nuts to nibble on (oh, and don't go shopping when you are hungry!). Remember, drinking 1 glass of water every 2 hours will keep you hydrated and also reduce unhealthy cravings!



Create a dedicated workspace

This will help to distinguish between 'work' and 'home' environments (even though they are the same place) and be conscious of your back/neck position whilst working. Avoid working on the sofa though as it's really not good for your posture!



Get some fresh air

Working from home shouldn't mean you can't escape your four walls. Fresh air and sunlight are very important for your wellbeing so promise yourself to go outside every day. If it's a nice day then take a short walk (obviously maintaining social distancing guidelines).



Plan your day

A top tip is to make your 'Tomorrow's to do list' at the end of each day when everything is fresh in your mind. This will help your brain to separate work from home but also keep you in control of your daily tasks. And don't forget to build in time for breaks and lunch too!



Keep in touch

Nobody knows how long remote working will continue for, so it's essential to regularly keep in touch with each other, including your family. Don't just text or email colleagues, pick up the phone or organise a video conference call to see who really is wearing their PJ's!



Set boundaries

Working from home does involve some level of dedication and focus however you can very easily become **MORE** productive working from home. So plan a start and finish time, and try and be strict with yourself to ensure you know when you are 'working' and also when you are 'not working'.



Remove distractions

Try to avoid working in a room with the temptation of the television as it's a very easy distraction. If you like listening to music whilst working choose something that helps your flow and doesn't keep you dancing all day. And finally let others in the house know when you are working (also see the below!).



Stay active

Sitting down all day is not good for your health so take movement breaks every 20-30 minutes. When making phone calls take the opportunity to 'walk and talk' as it improves your wellbeing but also projects your voice better. And consider allocating some exercise time each day as this current climate could be THE perfect opportunity to get more active.



Kids will be kids...

Unless you are an ex teacher, home schooling could be your latest multi-tasking challenge. So when the children are doing their school work or watching a film/TV programme, have a super dedicated focus to make progress on work.