

REMOTE WORKING WELLNESS GUIDE

To combat restlessness and keep a healthy schedule, we recommend a few of these options:



Follow a regular schedule

Maintaining your well-being and productivity means keeping the same mindset as if you were going to the office



Keep a regular routine

Set your alarm, make sure you're working by your normal time, have lunch breaks at lunch-time, and then importantly: turn off your computer at the end of your working day and move away from your designated 'work space'



Have regular breaks

Take regular breaks during the working day away from your designated 'work space'



Embrace excellent ergonomics

Recent studies have shown there is a link between stress, depression and posture. When we feel stressed or depressed, we slouch. When we slouch, we are more likely to feel stressed or depressed. Use correct sitting and working postures to help your body and mind feel more relaxed



Take a stretch break

Every hour walk around and move your shoulders and neck to get the blood flowing. Set an alarm to prompt you to do this for a few minutes every hour



Avoid too much news and the social media loop

Avoid overindulgence of news, articles and social media. There is a lot of misinformation and panic which can heighten anxieties. Stick to getting your information from reliable sources and set limits to your use of digital devices



Eat well

Follow a routine and eat at regular hours. Eat healthy, nutritious food and snack sensibly



Take at least 15 minutes exercise daily

Walking and exercise not only stretches the back muscles to reduce tension, but it releases Serotonin, also known as one of the happy hormones in our brain. Trips outside of your home must conform with the prevailing UK Government rules including social distancing requirements