

**BE ACTIVE**

Move during your breaks, Raise your heart rate, Go outside if possible

**LOOK AFTER YOURSELF**

**WORKSPACE**

Take time to set up properly to avoid painful problems

**BE REALISTIC**

Try not to overwork to make up for changes. Be proud of what you can achieve

**Make WORKING FROM HOME Work for you**

**DON'T ASK TOO MUCH**

Be patient with yourself and your family. Everyone will make mistakes

**SHARE THE LOAD**

Stay on top of jobs by sharing tasks between the household

**LOOK AFTER YOUR FAMILY**

**IT'S DIFFICULT**

Balancing childcare and work is a challenge. You don't have to be perfect

**MAKE A LIST**

Write a to do list at the end of the day for the following day

**LOOK AFTER YOUR WORK**

**TRAVEL**

Carry on commuting: walk or cycle round the block to get to work

**RECLAIM YOUR HOME**

Turn off and clear up your work stuff at the end of the day

**LOOK AFTER YOUR ROUTINE**

**SHORT CHUNKS**

Work in short spells, focus on one task, set an alarm for breaks

**SOCIALISE**

Keep in touch with your colleagues. Message them, video call them. Just be friendly

**SLEEP**

Follow your usual sleep and work patterns to keep a sense of normality



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