

Make WORKING FROM HOME Work for you

LOOK AFTER YOURSELF

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

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

LOOK AFTER YOUR FAMILY

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

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

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

LOOK AFTER YOUR ROUTINE

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

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

LOOK AFTER YOUR WORK

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

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

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



BE ACTIVE

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



MAKE A LIST

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



TRAVEL

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



SHARE THE LOAD

Stay on top of jobs by sharing tasks between the household



WORKSPACE

Take time to set up properly to avoid painful problems



SHORT CHUNKS

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



RECLAIM YOUR HOME

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



IT'S DIFFICULT

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



BE REALISTIC

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



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



DON'T ASK TOO MUCH

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

