

GENERAL TIPS FOR WORKING FROM HOME

General tips to help you look after your health and well-being while working from home temporarily during the COVID-19 pandemic.

Stick to your normal routine as much as possible, starting your day as you normally would: shower, getting dressed and eating breakfast.

Keep times for lunch, dinner as close to normal as you can.

When taking breaks resist the temptation to just go and make a coffee and come back to your workspace. Make the effort to go into another room or out to the garden if you have one.

Log off for your lunch break. **As sunlight is limited this time of year try to get out for a walk before work or during lunchtime and take advantage of the sun.**

If your partner is also working from home, arrange to have breaks together in another room or in the garden, if you have one.

Give your eyes a break, for 5 to 10 minutes every hour. Get up, move around, and take your eyes off the screen.

Try to limit your social and news media intake.

Exercise, stretch and go out for a walk if possible. **Practicing relaxation techniques like breathing exercises**

Make sure you rest and get a good night's sleep.

Restrict the amount of alcohol you consume during the week to help you stay focused.

Eat healthy foods even though as it is tempting to increase your intake of snack foods.

Do take annual leave even if your travel plans have been cancelled, it may help to take even a portion of the leave planned so you can concentrate on your own health and wellbeing.

Keep in touch with your colleagues, pick up the phone or video call colleagues that you would usually spend breaks or lunchtime with and chat to them for a few minutes.

Try to unwind after work by reading a book.

Improve your mood by doing something creative in your spare time.

Keep your mind active – take this opportunity to learn something new.

Giving back to support people – volunteering to people in need

Joe Wicks exercises from your Chair 10mins: https://www.youtube.com/watch?v=X6TtFr2Zp_s

Having trouble sleeping? Here are some tips on improving your sleeping pattern:

Mental Health Ireland - <https://www.mentalhealthireland.ie/sleep-during-tough-times/>

Sleep Foundation - <https://www.sleepfoundation.org/sleep-guidelines-covid-19-isolation>

Step out of your comfort zone- Host a virtual connect Café -

https://www.mentalhealthireland.ie/wp-content/uploads/2020/05/2463-MHI-VIRTUAL-Connect-Cafe-A4_v2-1.pdf

Below are some online resources for mental health wellbeing during Covid-19.

Websites:

HSE - <https://www2.hse.ie/wellbeing/mental-health/covid-19/minding-your-mental-health-during-the-coronavirus-outbreak.html>

Text 50808 - https://text50808.ie/?gclid=EAIaIQobChMI6pbarZ6n6gIVYBQBh0igg-eEAAYASAAEgJLc_D_BwE

Mental Health Ireland - <https://www.mentalhealthireland.ie/get-support/covid19/#family-wellbeing>

The Wellness Crew - <https://www.thewellnesscrew.ie/7-every-day-ways-mind-mental-health/>

Podcasts:

Spotify - RTE Brainstorm – Coronavirus: 5 tips to mind your mental Health during the lockdown.

Spotify – The Coronavirus Ireland Podcast – Mental Health Resilience – Professor James Lucey on how to stay positive.

Webinar – Jigsaw online - <https://www.youtube.com/watch?v=SeoH6mTXuIA>