

Switching Off

Plan work hours around other commitments to younger and older people. Switch technology and phone off when you aren't working. Make sure you get enough sleep.

Regular Breaks

Every 30 minutes, stand up and walk away from screen. Do some stretches and breathe – in for 3 count, hold for 4 and exhale to 5 count.

Support the Team

Check in with them daily; really listen to how they are. Keep up to date with your organisation's and government's advice on support for employees.

Food & Drink

Remember to stay hydrated – as you would at work. Stick to normal eating and drinking routines if you can. Plan meals and have healthy snacks around.

Stay Connected

The most important thing – especially if you live alone. Use technology Face Time, Zoom or Skype so that you can see the people you are talking to. Reach out to others who may be feeling more alone too.

Exercise Routines

With access to sport and gyms restricted, replace your normal routine with new ones – walking, cycling or running; YouTube have home exercise videos to help, if you prefer.

Work Space

Ideally work separate from main living and sleeping area; use the most supportive chair; well-lit and ventilated. Remember work-station basics from the office. Away from the TV!



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Mental Health First Aider available to chat