

# WORK FROM HOME WELLBEING TIPS

Working from home may sound great – no daily commute, you can stay in your PJs all day, walk the dog, have a nap during the afternoon – but unfortunately working remotely does have some pitfalls. The social isolation of working from home along with the lack of structure in your day will increase your risk of mental health problems.

Here are some tips to look after yourself while you work from home.

1.



## Prioritise Sleep

Many people who work from home fall into the trap of staying up later and watching one more episode of Netflix, telling themselves this is OK because without the morning commute you can sleep in an extra hour.

- Try and stick with your normal routine and aim for 8 hrs of sleep
- Delaying your bedtime can reset your internal body clock making it harder to go to sleep at your normal bedtime on subsequent nights
- Turn off your screens at least 1 hour prior to bedtime
- If you have trouble falling asleep try a Meditation App (Headspace or Smiling Mind)

2.



## Maintain Normal Routine

You are not on holiday; you are at work! Try to stick with the structure of your normal working day including sitting down at your desk at your normal start time, taking breaks at your regular times and finishing work when you usually do. It will be tempting to stay in your PJs, but you will feel much better if you have a shower and get dressed.

3.



## Exercise

Staying in your house all day becomes really boring very quickly. Try to start your day with exercise. Gyms may close and your normal exercise may not be available (if you ride to work) so you may need to consider other options. Walking, running and home workouts should be an option for most of us. Consider going for a short walk over your lunch break – getting outside is a great distraction from work and will improve your concentration for the afternoon.

4.



## Reach Out for Help

Working from home is lonely and you may feel increasingly isolated. Consider regular video calls with your team at work to stay in touch. It may help to set aside an hour each day for you to call friends and family, particularly elderly or vulnerable loved ones who may be struggling.

5.



## Stay Connected

For many of us there will be times over the next few months when the uncertainty, the isolation or the loneliness feels overwhelming. These feelings are normal. Make sure you talk to someone if you are struggling and reach out to your Team Leader for help. Make an appointment with your GP to discuss how you are feeling.

For more information or advice please contact us on 1300 222 639  
or at [enquiries@bodycare.com.au](mailto:enquiries@bodycare.com.au)

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