

# Nine tips for managing your wellbeing while working from home.

If you’ve been asked to work from home, it might feel more difficult than usual to take care of your mental health and wellbeing. Here are some ideas to help.

### Relationships

The people around you offer a valuable pool of support, so it’s important to keep those connections.

Try the following:

- Make plans to video chat with people or groups you’d normally see in person.
- Write letters or emails, or call people you’ve been meaning to catch up with.

### Exercise

Build physical activity into your daily routine, if possible. Most of us don’t have exercise equipment like treadmills where we live, but there are still activities you can do. Exercising at home can be simple, and there are options for most ages and abilities, such as the following:

- Dancing to music
- Seated exercises
- Online workouts

### Awareness

The constant stream of social media updates and news reports about the coronavirus could cause you to feel worried. Sometimes it can be difficult to separate facts from rumors. Use trustworthy and reliable sources to get your news.

### Nature

Bring nature into your everyday life. It’s possible to still get the positive effects from nature while staying indoors at home.

Try the following:

- Spend time with the windows open to let in fresh air.
- Arrange a comfortable space to sit by a window where you can look out over a view of trees or the sky.
- Listen to nature sounds, like recordings or apps that play birdsong, ocean waves or rainfall.

### Resilience

Although we can’t always choose what happens to us, we can choose our own response to what happens.

Try the following:

- Find an outlet such as calling friends or writing your thoughts down.
- Plan how you’ll spend your time. It might help to write this down on paper and put it on the wall.

### Something New

Learning new things is stimulating and can help lift your mood. Try a new hobby, or learn something that’s always been of interest to you.

### Self-Care

Take care of your body. Take walks, do deep-breathing exercises, stretch or meditate. Try to eat healthy, well-balanced meals; exercise regularly; and get plenty of sleep.

### Emotions

Positive emotions can build up a buffer against stress and even lead to lasting changes in the brain to help maintain wellbeing.

Try the following:

- Take time to notice what you’re grateful for and focus on the good aspects of any situation.
- Set aside time to have fun.

### Clearing Out

Try tidying up. Sort through your possessions and put them away. You could set any old possessions aside to donate to a cause you care about, or use online selling sites to get rid of things you don’t want to keep.

You can also clean up your devices. Delete any old files and apps you don’t use, upgrade your software, update all your passwords or clear out your inboxes.