

AN EASY GUIDE...

to getting better at looking after your wellbeing when working from home

Your Wellbeing is your combined physical and mental health, which if looked after can help to stop you moving into a potential state of either physical or mental ill health - none of us want to be there.

This stuff is no longer optional - it's almost our duty and rite of passage to take care of ourselves and stay well to live well and BE SAFE.

...“Woo woo” and trainers optional!

DIFFERENT WAYS TO LOOK AFTER YOUR WELLBEING

Life's busy right

Movement & Energy

- Commute to your desk
- Stand up
- A quick press up or a lunge - seriously!
- Five deep breaths
- Wave your arms in the air
- Go outside for five minutes
- Listen to your favourite upbeat song

Connect & Give

- Chat and talk any way that works for you
- Join a webinar - not necessarily a mandatory work one
- Ask for help
- Write a card, post a letter
- Volunteer and join in



Really *listen*

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Fuel

Think of food and drink as fuel, energy for your body and mind. Feed the machine, keep it oiled and loved

P.S. it needs treats as well!

Other ways to fuel yourself

- Relax, rest, sleep
- Exercise - enough said, but as a reminder... MOVE!
- Immerse yourself - books, films, box sets that absorb, distract and lose you

Take notice

- Plan the day - units of time
- Create a routine and break it!
- Display cards, photos, memories and messages that inspire you
- Get back to nature - tree hugging not essential
- Declutter and tidy
- Learn something new, or do more of what you love
- Be kind



HINTS AND TIPS

1. Eat your frog first thing!
2. Pick just three things to try
3. Have an accountability partner
4. No need to fly solo, try some of these things with others

JO REDMAN

Brought to you by Jo Redman
www.mojo-life.co.uk | www.instagram.com/mo_jo_life
Illustration by www.judithmacgregor.co.uk

Have a go...

Write down your three things to have a go at
