

Covid-19 tips staff working from home



Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

Routine

Start your day at the same time as you would normally arrive in your office, and finish your day at the same time.

Sleep

Keep to your regular bedtime and add in some relaxation before you try to sleep.



Make time for yourself

It can be hard not to feel work pressures. To relax you could rediscover an old hobby try something new.



Take breaks

Don't stay glued to your screen all day - take regular breaks. A comfortable supportive chair and your screen at the right height will help your posture.

Work space

Try to set aside a separate working area in your home - where you won't be disturbed by others in the house.

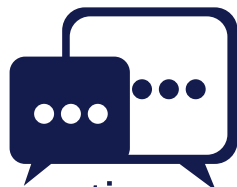
Exercise

Exercise daily, this will help to keep your body and mind active.



Connect

Pick up the phone or use MS Teams to have a real conversation with your colleagues, rather than relying on email and instant messaging. This is especially important if you're living and working alone.



Look after your mental health

There's lots of useful resources covering a range of topics at:

www.cntw.nhs.uk/coronavirus/looking-after-your-mental-health/

Further information at www.cntw.nhs.uk/coronavirus