

Keeping Well - Working From Home

Here are some recommendations to stay on track with your own wellbeing.

Take 3-5 minutes at the start of your day to set your intentions and make 3 action points in areas you can act on each day.

Keep Learning

- Listen to a podcast
- Read an article of interest
- Do an online training course

Give

- Give a compliment to a colleague
- Share a recipe
- Drop off groceries for your elderly neighbour

What's My Focus Today?

Connect

- Eat your lunch over video-chat with a colleague
- Send a funny meme
- Video-chat with colleague

Be Active

- Step challenge with workmates
- Walk and chat on the phone to a friend
- Stretch and change positions often

Take Notice

- Tune into your body, do a body scan exercise
- Change your screensaver
- How many shades of green can you see from your window?

Get Into Nature

- Get some sunshine
- Dig in the garden
- Put some fresh flowers on your desk

3 Action Points For Today

- 1.
- 2.
- 3.