

## Working from home, eat well, feel well

Welcome to working from home. You may be a seasoned home-worker or this may be your first time. Either way there are some simple but effective things you can do to keep yourself comfortable, healthy and productive.

Obviously, working from home is different to working in an office but our behaviours can differ too. A new working structure can introduce habits we do not necessarily want, such as eating too much, too little or eating the wrong types of food. Your Brain relies on Glucose for energy – hence you will, unknowingly, reach for energy dense foods, when working on a computer for prolonged periods.

Here are a few tips to help you to eat well:

- Try to eat lunch and snacks at the same time as you would in the office. Try to eat the same types of food too.
- Keep treats out of sight (or out of reach!)
- Take a break from your working area to eat your lunch. The act of getting up and moving will help you keep focused and energised.
- If you find yourself snacking too often, try drinking a glass of water instead, it should suppress the feelings of hunger.

Do you feel lethargic? It could be you are so focussed you have simply forgotten to eat. In the office you have triggers such as colleagues getting up for lunch. Without these triggers you may simply forget.

**Remember, your health and wellbeing is the most important thing to us. This homeworking period is temporary and difficult for all of us, we are here to support you through this challenging period.**

