

Working from home, it's good to talk

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.

Working from home can feel lonely, especially if you are not used to it. These feeling of loneliness can be compounded if you are self-isolating and avoiding physical contact with family and friends.

In extreme cases of loneliness or feeling of desperation you should reach out to:

0861 322 322 – Lifeline
0800 567 567 – Suicide Crisis Line
(011) 234 4837 – SADAG Mental Health line
0800 05 55 55 – Childline

There are some brilliant things you can do to help connect with yourself and others. Why not consider:

- **Talk to your Colleagues.** Make sure you stay in regular contact with your colleagues. Consider video-conferencing and picking up the phone rather than emailing. Working from home often means you miss out on the office-news, why not set up a short, virtual coffee-meeting with your colleagues so you keep up with what's going on? Download www.zoom.us (online meeting app)
- **Be comfortable about what is being asked of you.** It is easy to worry about what others think of you. Some people worry whether their manager is happy with their work or worried they are not working hard enough. If you start to feel concerned pick up the phone and speak with your manager. They are there to help you – after all, the more productive you are, the more productive they are!
- **Exercise!** Your mental wellbeing can be improved with exercise. If you can, go for a walk. If you are self-isolating and have a garden take a few minutes to stretch and exercise outside. If not, you can still get a light workout indoors. The NHS has a great guide which be accessed [here](#).
- **Sunlight and fresh air is important too.** If you step outside on a sunny day you will get a healthy boost of vitamin D. Use your garden, balcony or even simply open a window!
- **Socialising.** Even in times of self-isolation we can still keep in touch with our friends and family. Pick up the phone and use social media platforms. Why not reacquaint yourself with those you have lost touch with?

Loneliness and feelings of isolation are completely normal. Sometimes though these feelings can overwhelm us. Remember there are things you can do and organisations who can help.



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.