Working from home can have a few perks: it may be less stressful without the drive in heavy traffic, or offer the opportunity to cook healthy meals in your own kitchen. But it can also be isolating and challenging. Many of us are now balancing work with looking after children, monitoring their daily behavior on top of a homeschooling schedule. You could be sharing your workspace with partners, roommates, and pets. Or, you may have no distractions at all and still feel like the day to day can be a struggle.

To help you care for your mental and physical health throughout this extended period of telecommuting, we’ve gathered a few well-being resources that we hope you find useful.

**Setting a daily routine and good habits**

Being at home all week is very new to some of us. Hopefully by now you have organized your workspace for more efficiency, and towards having a comfortable working environment. Following that, it’s important to get into a routine and rhythm to establish good habits.

- **Start your day as if you were going into the office.** This helps you establish a morning routine and become more mentally ready for the workday.

- **Remember to take breaks.** While it can be easy to become absorbed in what you’re doing, ensure you take regular breaks, stand up, stretch, make a drink, check on your pets—anything to step away from your workspace. Consider taking your lunch away from your workstation.

- **Make a list and plan your daily work activities.** This will help you stay on track just as it does in the office, helping you to remain focused and maintain momentum.

- **Stop working.** You can’t “leave” work when you’re working from home, so ensure that you wrap up and stop for the day. If you’re working in a communal space such as at the dining table, it may be beneficial to pack up your workstation at the end of the day or week to create a physical distance from work and allow yourself to “switch off.”
Looking after your physical and mental well-being

The current situation can cause remote workers to experience natural worry and isolation. Below are some tools to help support you through this.

- **Mindfulness and meditation.** The mindful.org website is a great place to get started as a one-stop-shop with free content and meditation sessions. Apps such as Calm and Headspace provide a variety of breathing techniques, gentle music, and background sounds to listen to while you work, to relax in the evening, or to help you sleep.

- **Employee assistance program.** It is understandable that coronavirus is causing concern, which is only natural. If you have concerns about managing the impact this may have on you, take advantage of the wellbeing benefits that many companies offer, connecting you to a wealth of resources that often includes counseling.

You may also experience a distinct lack of physical activity. You’re no longer walking to the station or office, running school and extra-curricular errands, or other daily activities that add to your step count, so make sure you step away from your chair for some indoor or outdoor exercise (in line with local guidance).

- **Couch to 5k program** – A light jog or gentle run can help clear your head, increase endorphins, and improve your mood. If you’re new to jogging, [download this app](#) to get started. You can also use this app indoors on a treadmill, elliptical, or similar machine.

- **Yoga** – If you feel a bit sore after a day at your desk, yoga can be a great way to stretch out your muscles and recalibrate your posture. Yoga with Adriene covers many classes of various abilities; you could start with the [30 days of Yoga series](#).

- **Cardio** – If you prefer more high-energy cardio, find a variety of cardio, dance, and Pilates workouts on this [POPSUGAR Fitness](#) YouTube channel. "The Body Coach" Joe Wicks also has many home workouts you can follow at various ability levels, including a more gentle [series for seniors](#) and a [daily workout for children](#).

**Consideration for others**

It’s good to be mindful that while we are used to working closely with our colleagues, they are sure to have shifting priorities right now. We should be driven by what we can do to support them as they work to maintain our business. Please pause for a moment and think carefully before you consider adding to their already heavy workloads. By doing this, we will be able to rethink our priorities, help them achieve theirs, and show the much-needed support they deserve.

For more related articles, visit [CounselLink COVID-19 Resource Center](#).