



GQ|Littler's top tips for wellbeing while working from home

Create a routine

It is very tempting to wake up at 8.45 make a coffee and open your laptop. While an extra couple of hours sleep is a welcome relief for those who are always on the go it can actually be counterproductive. Instead, use the time (or at least some of the time) you would usually be commuting to work to get yourself mentally prepared to start the day. Being forced to adapt our morning routine allows time for some creativity. Whether it's a morning walk, workout, reading or a coffee in the garden we have so much more time to create headspace before a day at your desk.

Get dressed for work

Once you have allowed your eyes to open and filled the first half hour of your morning with something that wakes you up and sets your energy in a good place for the day, get dressed as if you are heading to work. This does not necessarily mean wearing a suit, but there is a happy medium between that and wearing pyjamas all day. If you make the effort to dress for the office you may find yourself more motivated and productive.

Breakfast

Utilise this extra time to get creative with your breakfast. Whether it be a different porridge topping combo or avocado on toast – go for it. Having more control of your morning routine without delayed trains and traffic getting in your way can be a blessing in disguise.

Exercise

Exercise has both physical and mental benefits and deciding on when to workout allows you to allocate time in your day to yourself. Whether you decide to use your government-approved hour of exercise outside or in, moving your body helps you to release tension and be kind to your posture.

Create a work station

It is important to create a work station and try to avoid sitting on the sofa or in your bedroom. This is easier for those familiar with working from home but for others, they may hop between the kitchen and living room or anywhere quiet! This creates a designated space where you can mentally prepare to start your day without any distractions and leave after work is done – essential to creating a healthy distinction between home and work life.

Take breaks

Heading outside for your lunch hour for a walk or a run is important to break up the monotony of sitting at your desk all day. Ensure you take frequent coffee breaks, stand up and walk around for 5 minutes, or make time to socialise remotely with your colleagues. It is important to make sure you do not feel socially isolated!

Video meetings

Having a video call with your colleagues humanises your meetings and reminds you that your colleagues are still available to talk, even if you are all locked inside your homes. This also allows you to pick up on body language and tone, which can identify anyone that is struggling with this adjustment. Remember just because you have allocated an hour for a meeting doesn't mean you can't also use this time to catch up with your colleagues as you would do in the office.

Social lunches

There are many platforms you can use to catch up with your colleagues at lunch. Microsoft Teams, Zoom or even trivia quiz apps can help boost morale and provide some social relief from work.