

PLANET **IT**

Wellbeing @ Home



Working from home seems ideal for a lot of us.

No battling the traffic while commuting, getting up 30 minutes before starting work then just switching on the laptop and its go time.

But after a while the drawbacks will start to appear – missing interaction with people, feeling the need to be online all the time (proving that you're not skiving), working extra hours to show you're committed and of course the constant eating at your desk/dressing table/dining table. On top of all that, you might have the kids to home-school – it all becomes a bit less attractive.

To make working from home a bit more enjoyable and fulfilling over the next while, we thought we'd share a few top tips for remote working.





Set an alarm. Routine is key!

Get dressed. I know... there's a real temptation to sit in your PJs, but having a shower, dying your hair and getting dressed in fresh clothes will help set your mind and body up for work.

Write a to do list or task list for the day ahead. It will keep your mind focused.

Try not to work in your bedroom. If that's possible – or at least not all day. It's good to try to separate your sleep/rest time or you will feel like you're getting no break from work when you need it.

Try not to sit on the sofa or on the bed, as appealing as it might seem. Your back won't thank you for it in the long run and it's easy to get too comfortable in the short term.

Most of us won't have a study or a desk at home so using a dressing table, dining table or kitchen table are all ok along with a dining chair or sturdy upright chair.



Set all your internal calls as video calls so you get that personal interaction with person.

Seeing each other makes you interact more effectively, like you would if you walked over to their desk. Ask how they're doing before launching into the work question – small talk is important too.

We are all allowed breaks, as we would be normally.

Don't feel glued to your computer in case a call comes in and you miss it – call them back 5 mins later, that's ok!

Go for a walk, play with the kids in the garden, read a book, do an online gym class or meditation session.

Make lunch from scratch since you're at home and not popping out to the shop like you would if in the office.



After Work & Weekends

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What have you accomplished?
Tick it off your list!

Make sure your work up to date, save files, log-off and put your laptop away. You'll switch-off easier and feel better about starting fresh in the morning.

Now it's time to enjoy your spare time!



Go for a walk, a run or cycle.

Always wanted to start painting?
Now's your time!

The weather is great,
try yoga in the garden.

We've put together a long list of activities
& free resources to help you get started...



Get into a boxset. Not sure what to watch – ask for suggestions! Most of us are bingers and happy to share tips!

Mid-week, try to go to bed at your regular time. It's easy to be tempted into staying up later, but routine is essential to staying fresh and motivated.



Wellbeing Activities & Free Resources

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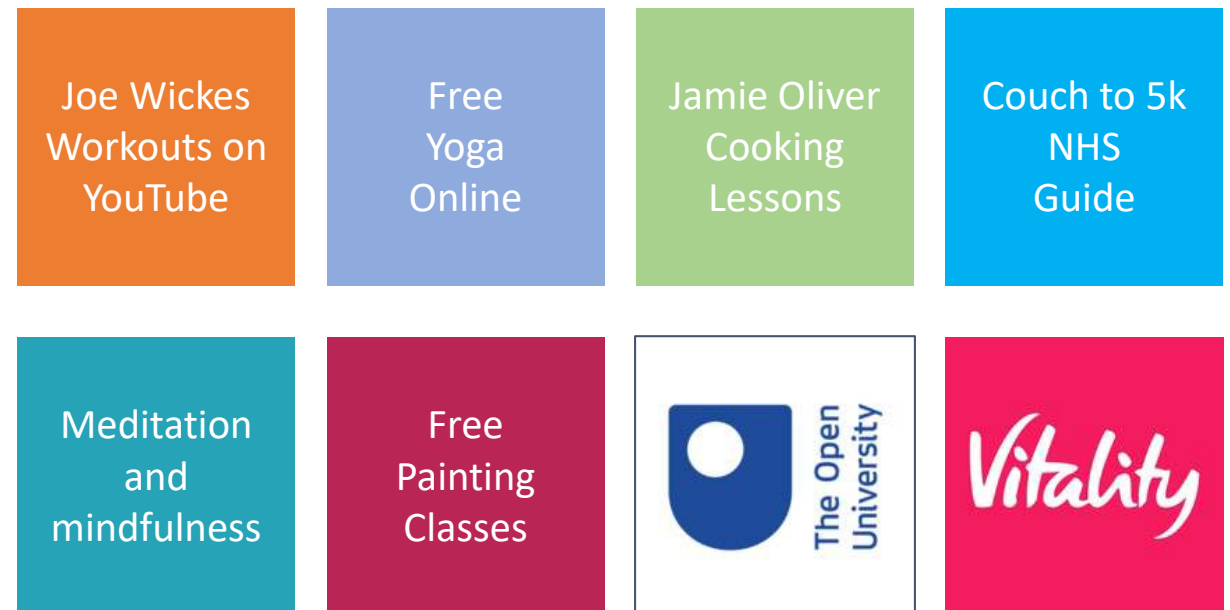


Here's just some ideas to boost wellness at home.

On top of all that, below is another list of Free Online Resources to take advantage of.

Remember, if you have Vitality Healthcare with Planet IT, there's loads of rewards available to you too!

Just click on the links below for some inspiration...



If you have any work from home or wellbeing tips you'd like to share, please do!

Remember, if you need help,
Just ask of of the team.
We're all one big Planet Family.

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