

Having a Positive Work-Life Balance During the Coronavirus Pandemic

Take Breaks

Taking breaks gives our brain a chance to rest and makes us more productive!

- Take at least 30minutes lunch break
- Try to take your lunch outside
- Spread your annual leave throughout the year
- Take regular short breaks from work

Work your contracted hours

- Leave work on time
- Don't bring any work home with you
- Address concerns around workload with your Line Manager

Spend less time online

- Download a screen-time app to see how much time you spend online and on what websites/apps/social media

Have a social life

- Plan activities outside of work with friends/family - online or socially distanced

Take time for you

- You don't have to see family/friends if you don't want to - online or socially distanced. Just because you have Friday night free, doesn't mean you have to spend it with people. It's ok to say no.

Identify your priorities

- What do you want to get done each week?
- What's important to you?
- Whats fixed and what isn't?
- Plan your week
- Don't spend your weekend doing chores- try to get chores done during the week or first thing on a Saturday morning so you can spend the rest of the weekend enjoying yourself. (Unless cleaning is your self-care)

Exercise

Make time for physical activities

- Walking
- Running
- Cycling

What's worked for you? We'd love to hear your ideas!