

HERE WE GO AGAIN – AVOID ISOLATION AND TAKE CARE OF EACH OTHER!!

As Ireland and the UK as well as many European countries face increased restrictions and more of us return to working from home, it's so important that we continue to communicate with colleagues, implement boundaries around working practices and keep in touch.

Here are some tips I published at the start of lockdown in March 2020, which are as relevant today as they were then.

ROUTINE:	Set a good routine and stick to it.
SPACE:	Establish an appropriate area which allows for concentration and privacy in handling confidential situations
ME TIME:	Find space and time for yourself at some point during the day. Read the paper, meditate or just be alone, for a few minutes
EAT REGULARLY:	Plan lunch breaks and schedule dinner at the usual time. You will cope better overall if your blood sugar levels are maintained.
EXERCISE:	Take 20 -30 minutes exercise each day. The internet has lots of fun ideas for 10-minute workouts. Go out for a walk when it is safe to do so.
CONNECT:	Keep in touch with your colleagues/team members and don't get isolated. Use your experience from the last six months to identify those you feel may be struggling more than others and reach out!
PERSPECTIVE:	Keep things in perspective. Tell it like it is – but not worse than it is. See the opportunities. Practice gratitude.
REVIEW:	At the end of each week take 10 minutes to formally review and evaluate with your team and with your family. How can arrangements be strengthened?

Don't forget that this is a global situation and the problems we face are the similar to millions of others. Colleagues from around the world have shared some more of their thoughts on coping and self-care strategies.

- *Make sure you know what success looks like – we tend to focus on problems and may miss acknowledging our success. (Australia)*
- *I combine my physical and mental routines with my energetic and spiritual ones as together they are more effective. (Italy)*
- *My self-care number one is getting my exercise daily ritual early in the morning – gym and swim followed by a green juice breakfast – sets me up for the day. (England)*

- Weekends walking the beach and breathing in that wonderful air - despite the weather. Now its gardening time – we spent time in the spring making our outdoor space a welcoming hosting space. **(Ireland)**
- *I plan my self-care in my calendar just as I do my other appointments. I make it fun, switch it up and celebrate with a ritual. **(USA)***

And a final thought from my all-time favourite mentor, Jim Rohn, about adapting and learning



Let's stick together and keep sharing our ideas and suggestions

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