LYNNE PEYTON CONSULTANCY

Committed to Your Success

THE ART OF WORKING FROM HOME AND STAYING SANE!!

Managing the impact of Covid-19 has radically changed working practices and for most of you, working from home will be a totally new experience. For some people it will seem attractive initially and for others, it's going to be a bit scary, especially now that restrictions on travel and social contact have dramatically increased.
Most professionals, who need to maintain front lines services, are working on a rota basis, with some days in the office and other days at home. Everyone is experiencing massive uncertainty about how extensive social distancing measures will become and the impact of that on vulnerable clients.

Here are some tips to help

ROUTINE Set a good routine and stick to it

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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

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CONNECT: Keep in touch with your colleagues/team members and don't get isolated.

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?

These are new times and new ways of working. This too will end. Set goals for when life returns to normal.