

How to Take Care of our Wellbeing while Working From Home

Working from home can be a lonely experience during the most ordinary of times, so when you're being asked to not only practice telecommuting but social distancing, too, you may start to feel isolated. Boost your mental wellness by developing these five habits.

- 1. Invest in a Home Office** - If you are going to spend almost 24 hours a day in a single environment, it should certainly be a place that inspires and supports you. Mentally trigger schedule boundaries between your personal and professional time by defining a dedicated space to work. Then, deck it out with ergonomic features like supportive seating, lifted screens and over-ear headphones.
- 2. Diversify Interests** - To strengthen confidence that isn't defined by your work output, develop a sense of fulfillment outside of work. Stick to strict working hours, then contrast it with some exclusively personal and/or social time, such as participating in a group hobby, exploring local attractions as a family, or volunteering at a local organization.
- 3. Communicate Transparently** - Anyone who maintains a long-distance relationship with a loved one can testify that a connection is only as strong as your communication. No matter how introverted you may or may not be, avoid feeling isolated by building a variety of channels of support to discuss your life (both personal and professional) with. Virtual coworker meet ups, starting a video chat thread with a coworker, or chatting with a mental health professional for advice are great places to start.
- 4. Increase Movement** - It's dangerously easy to fall into a sedentary lifestyle when you live and work in the same few hundred square feet. To improve your mental, cardiovascular, visual and emotional health take breaks often during your work day, but not just a quick rabbit hole watching YouTube videos. For maximum benefit, step away from the screen and really get the blood moving with a short walk or workout.
- 5. Build a Support Network** - Let's face it, life isn't always sunshine and rainbows, so design some umbrellas to use on the chance that a rain cloud shows up. Whether it be friends or fencing, figure out strategies that engage your soul and stimulate your brain, then integrate them into your life so they are easily accessible in times of need.

Reference: Forbes, 2020