

Staying Calm and Keeping Connected are important aspects of our wellbeing during the COVID-19 period. Good mental health supports our immune system and remembering we are all in this together is critical to public health.

Consider the following practices for caring for your physical, mental and emotional wellbeing at home:

1. Work 'hygiene'

- Set up a designated work area in your home. If you have multiple people working from home or children playing, consider how you can rezone your space. Wherever possible keep your sleeping and rest zones separate from your work zones.
- Dress for work as you would usually. If you know you are going to be working from home for a number of days, consider taking something home from work that connects you to your work space – like your work mug or a picture from your desk
- Set clear work times and don't forget to use your breaks
- Use your breaks to connect with colleagues (as you would usually)
- Use your usual travel time to transition into work and out of work mode at home. Set yourself specific, reasonable timeframe for this transition. In the morning 'commute' get your chores done, deal with potential distractions. In the afternoon, be mindful about your thoughts – find a way to close down your work thoughts for the day.

2. Be mindful of your thoughts and feelings regarding the pandemic

- Manage your information sources so that you are not overloaded
- Be careful about your social media consumption – maybe keep your personal phone
- Remember we are 'all in this together' and find ways to make this belief concrete through practical actions
- Develop a daily habit of 'checking in' with yourself. How is your body today? Physically, mentally, emotionally and spiritually?

3. Maintain the basics - healthy eating, exercise and sleep

- Eating well supports our immune system and our mood. Choose the healthiest foods available to stock your cupboard and avoid bringing home high sugar foods, etc.
- Get creative with movement at home – start a Pilates practice, crank up the music and dance down the corridors, walk/run outside when possible.
 - Prioritise good sleep by maintaining a regular bed time, turn off screens 1 hour before sleep and plug them in to charge somewhere out of the bedroom, be careful of evening food and drink, calm your thoughts with a mindfulness practice, etc.

4. Keep Connected without touch

- Create a list of people you will keep in touch with whilst at home and develop a plan for staying in touch remotely. Talk with family members about how to support each other from arm's length, separate the times you check in with your personal and your work networks.
- Rediscovering your neighbourhood

- If you are still free to be outside (practicing social distancing) get to know your neighbourhood. Find the gardens and places to connect with the country upon which you live
- Online community
- Get creative with moving your regular wellbeing activities online
- Where possible, use a face to face technology
- Smile Often!

5. Bigger than me

- Nurture your spiritual relationship
- If at all possible, spend some time with your bare feet or bare hands in the earth
- Consider adding a practice of Gratitude to the end of your working day: What went well today? What can I celebrate? What am I thankful for? Who can I share this good news story with?