

Adjusting to Working from Home



If you are working from home over the coming weeks, it can be a tough adjustment when you're not used to working remotely. It can be easy to feel like the days are running away from you and you're not getting quality work done. Set yourself up right to get the most out of your time, energy and to avoid adding stress to this current situation. The key here is routine! Routine can help you succeed at being productive in all aspects of life. Creating a good routine can help you transition to your new working environment.

Follow the tips below to help you adjust to working from home.

- 1) Get up and get ready as if you're going to work – No PJ days during the working week!
- 2) Set up a designated work space that is clear of congestion to limit distractions. Avoid working from your couch or bed, keep your downtime living spaces separated if possible.
- 3) Make a to-do list for each day, schedule your calls/webinars into your calendar as you would for appointments.
- 4) Create set work times and take your lunch break as you would at work. If you normally go out of the office for lunch, close down your laptop and eat without distraction.
- 5) Get out for a walk – The news and updates in the media can be overwhelming, put the phone away, go to your nearest park and enjoy nature. Getting some fresh air can reduce stress and anxiety.
- 6) If you usually exercise in a typical day, aim to get a workout in - No Gym No Problem! Curtis Health will be providing you with home worksheets/classes to keep you moving. Send us an email at info@curtishealth.com