

The background of the slide is a photograph of a home office. It shows a dark wooden desk with a laptop, a white mug, a framed picture of a woman on a bicycle, and a lit candle.

Maintaining your mental wellbeing when working from home

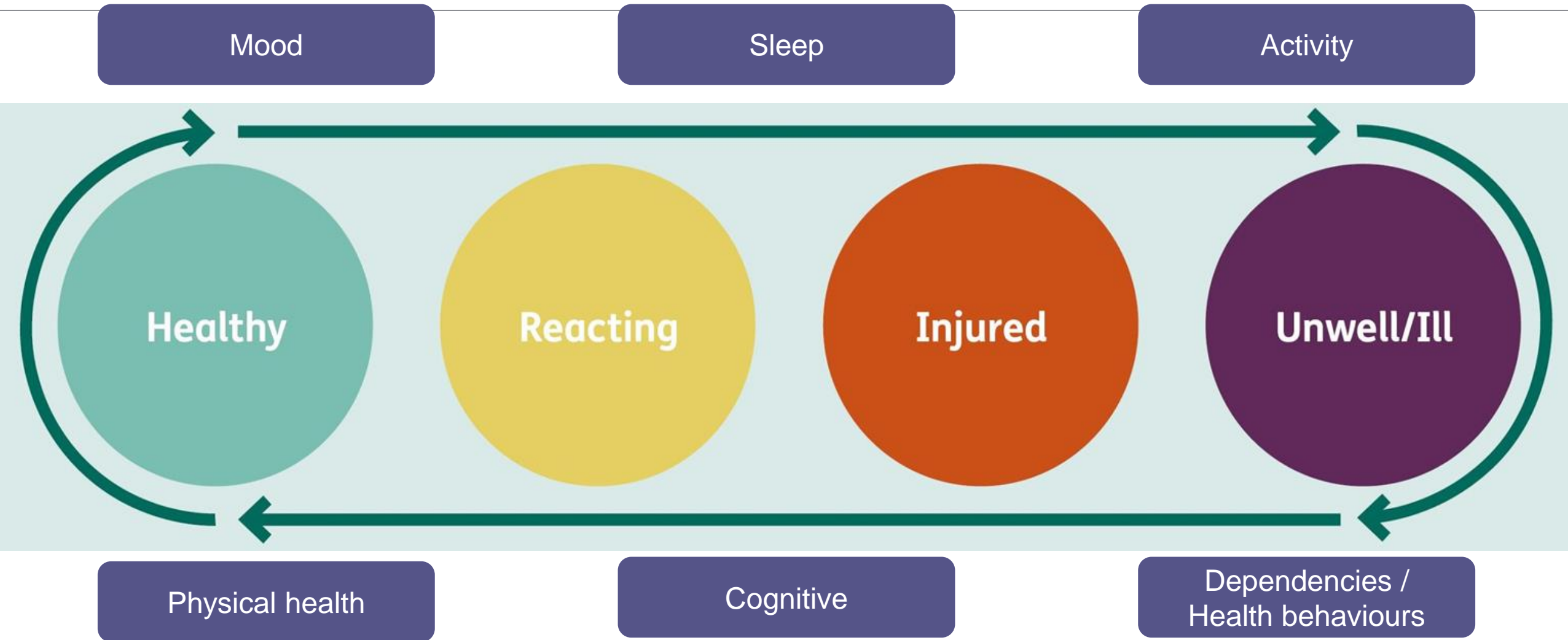
Why is Mental Wellbeing important now?



- Existing impact of mental health
- Worry about COVID19
- Constant changes
- Uncertain about the future
- Increased workload /pressure

- Isolation from support systems
- Limited variety of activity

Mental health as a continuum



Working from home

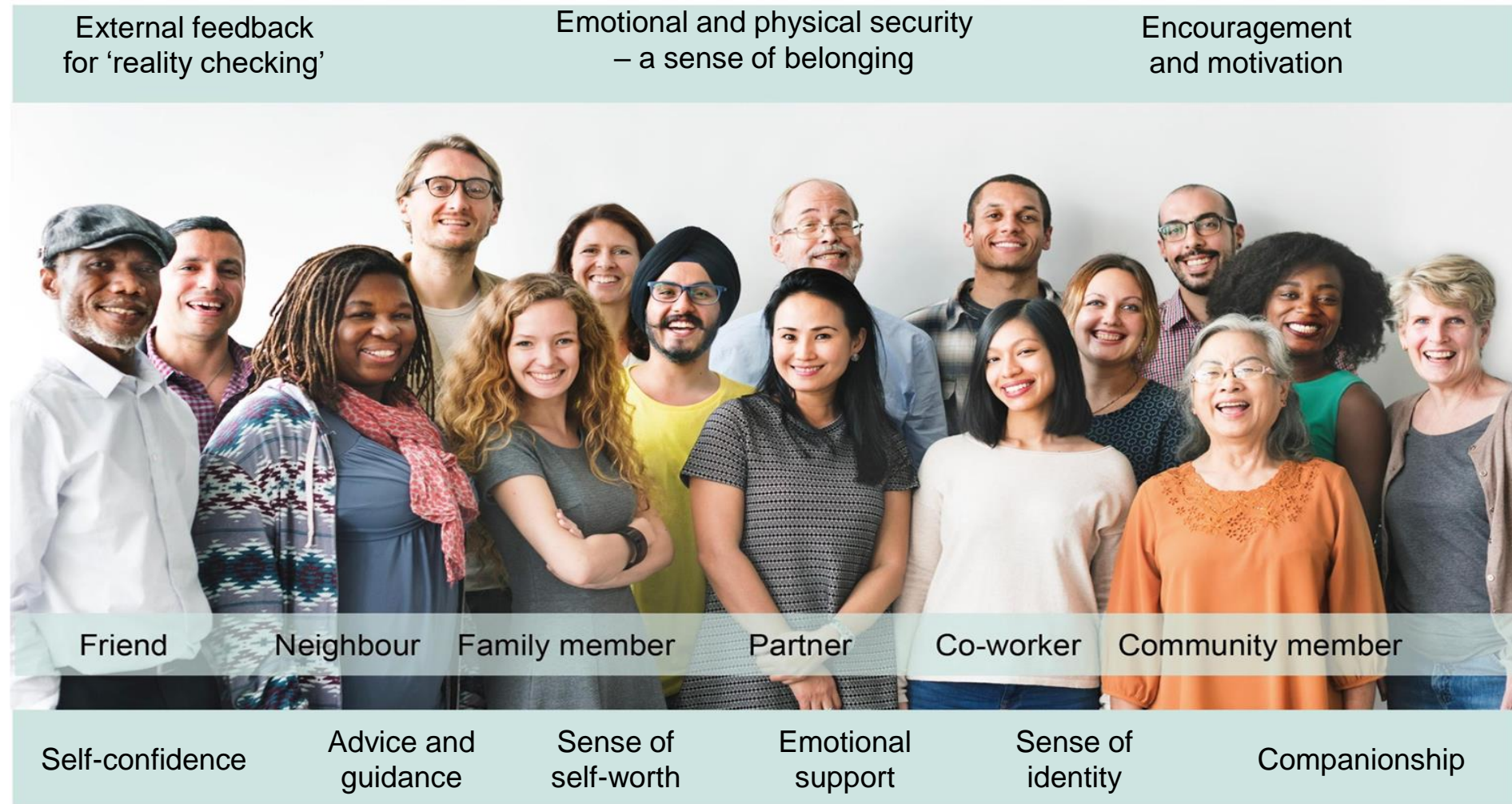
Get into a good working routine

- Dress for work
- Set up a workspace
- Make a plan for the day
- Remember to take breaks
- Eat and drink

Make it work for you



Social support



Keep connected

- Keep in touch
- Be clear in your communication
- Ask for and give support when needed
- Work together and maintain good relationships



Relaxation strategies



✓ Distraction

✓ Relaxation

Belly breathing

Progressive muscle relaxation

Visualisation

✓ Mindfulness

Thinking strategies



✓ Worry management

Practical or hypothetical

Possible or likely

Next week, next month, next year

Worry time

Problem solving

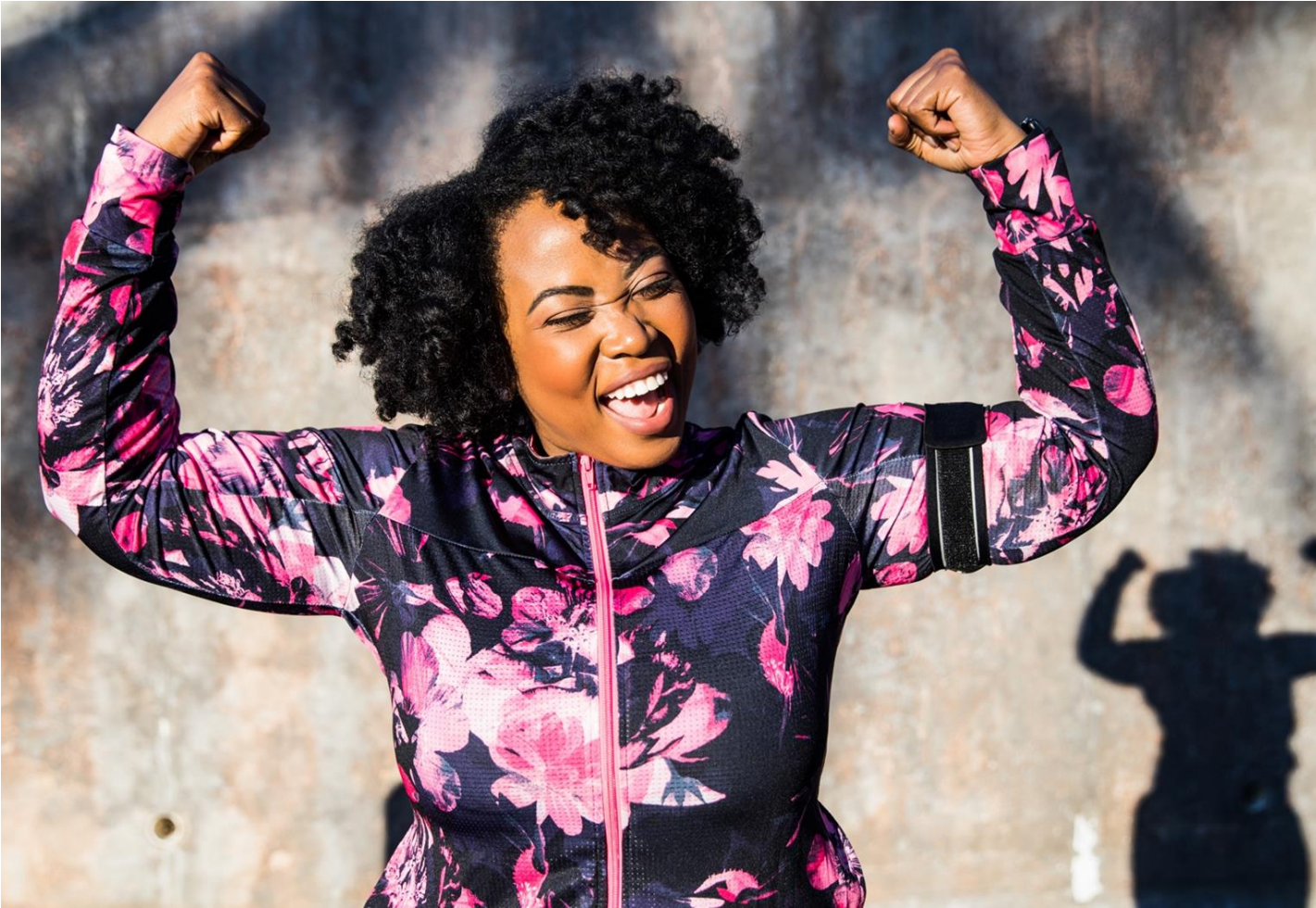
✓ Negative thinking

Putting thoughts on trial

Reframing

Reverse the Rabbit hole

Taking a positive approach



- ✓ Get a second opinion
- ✓ Use positive self-talk
- ✓ Focus on the good things
- ✓ Plan something to look forward to
- ✓ Humour and laughter

Resilience and stress

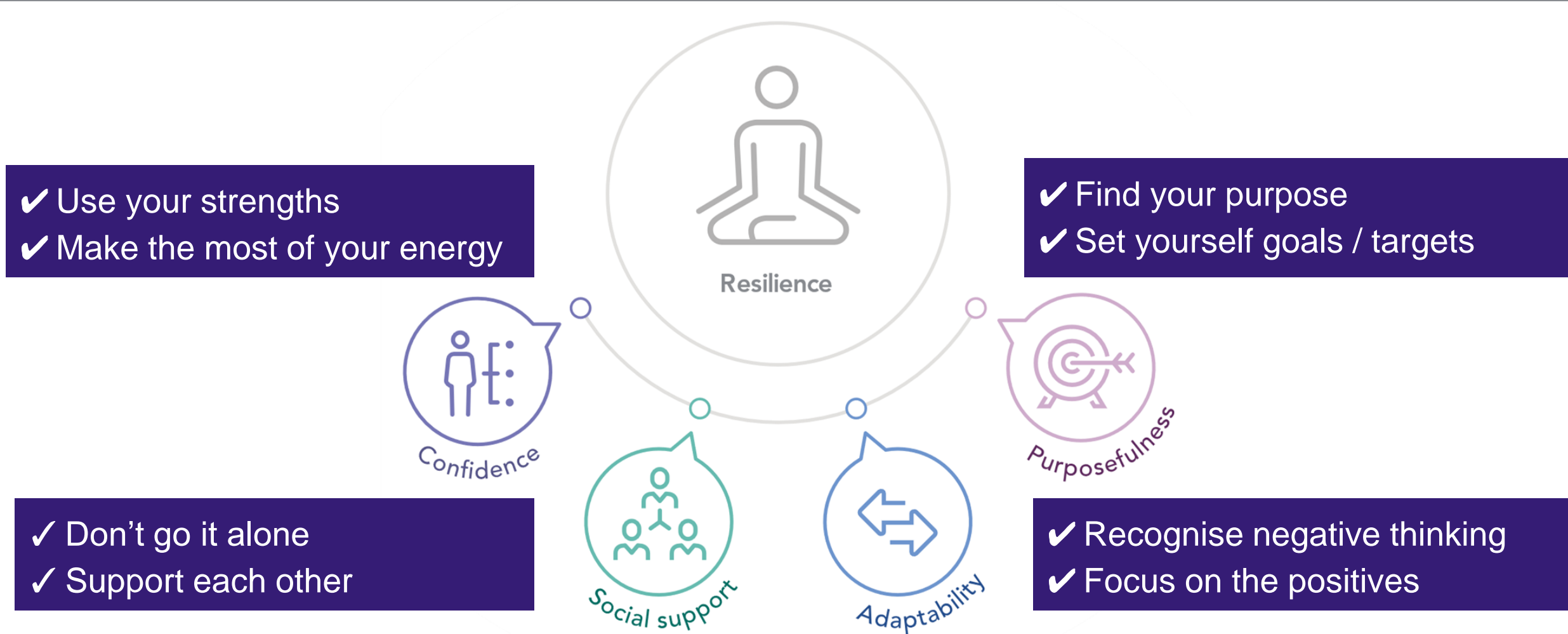
Stress occurs when pressure is more than our ability to cope - the more resilient we are the better we can manage the demands placed upon us.

“The capacity to maintain wellbeing and performance under pressure, including being able to bounce back from setbacks effectively and deal with change”

When we are resilient we experience more positive emotions in response to challenges and this helps our overall health and wellbeing



How can we become more resilient?



Five Ways to Wellbeing



Give



Learn



Activity and Fitness



Take Notice



Connect

Council support services and resources

Harrow Council

[harrow.gov/staff](https://harrow.gov.uk/staff)

[Log in / Register](#)

News updates and information for Harrow Council staff



vita
health group

WorkplaceWellness™

To access your EAP www.my-eap.com username:
HARROWwell Tel: 0800 1116 387

Wellbeing guide

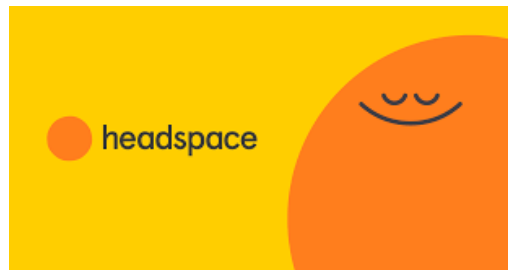
harrow.gov.uk/staff

It's an uncertain and difficult time for everyone. The wellbeing of all colleagues remains a priority for Harrow Council, which is why we've developed this pack to support you.



Learning POD

Other Support Services



Insight Timer



drinkaware



The background of the slide shows a home office setting. A laptop is open on a dark wooden desk. In the background, there is a framed picture of a woman and a small glass of milk on the desk.

Thank you for attending our webinar
Maintaining your mental
wellbeing
when working from home