

# TAKING CARE OF YOUR MENTAL HEALTH AND WELL-BEING WHEN WORKING FROM HOME

The following tips will help you to stay mentally well while working from home

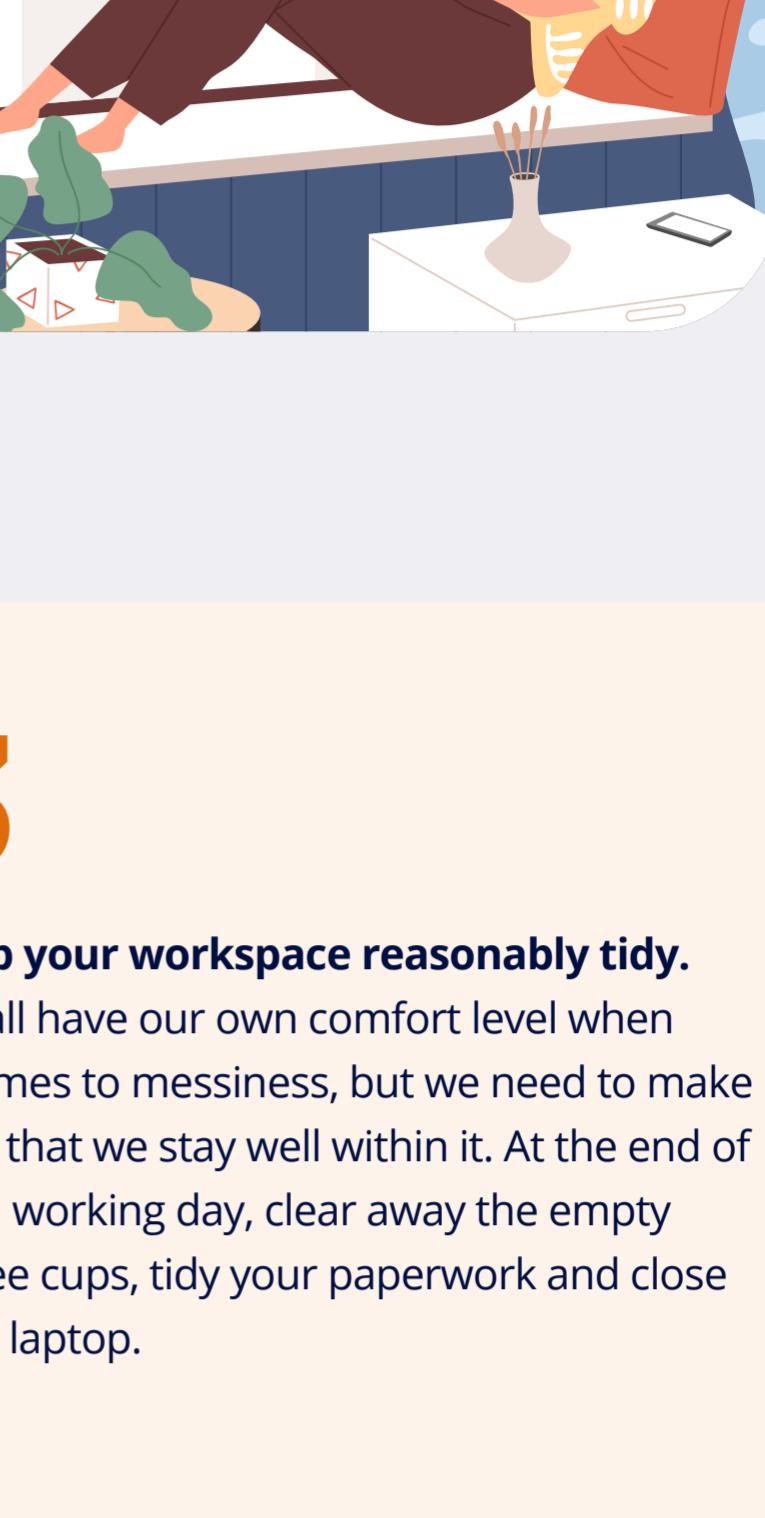
1

## Follow the 20-20-20 rule

To diminish the discomfort of digital eye strain, a common dilemma during this time of constant screen usage, I suggest incorporating some new rules into your routine.

A good one to stick by is the **20-20-20 rule: every 20 minutes look away from the screen for 20 seconds, at something that's 20 feet away**. By doing this, you can give your eyes some much-needed rest while preventing headaches, blurred vision and parched peepers.

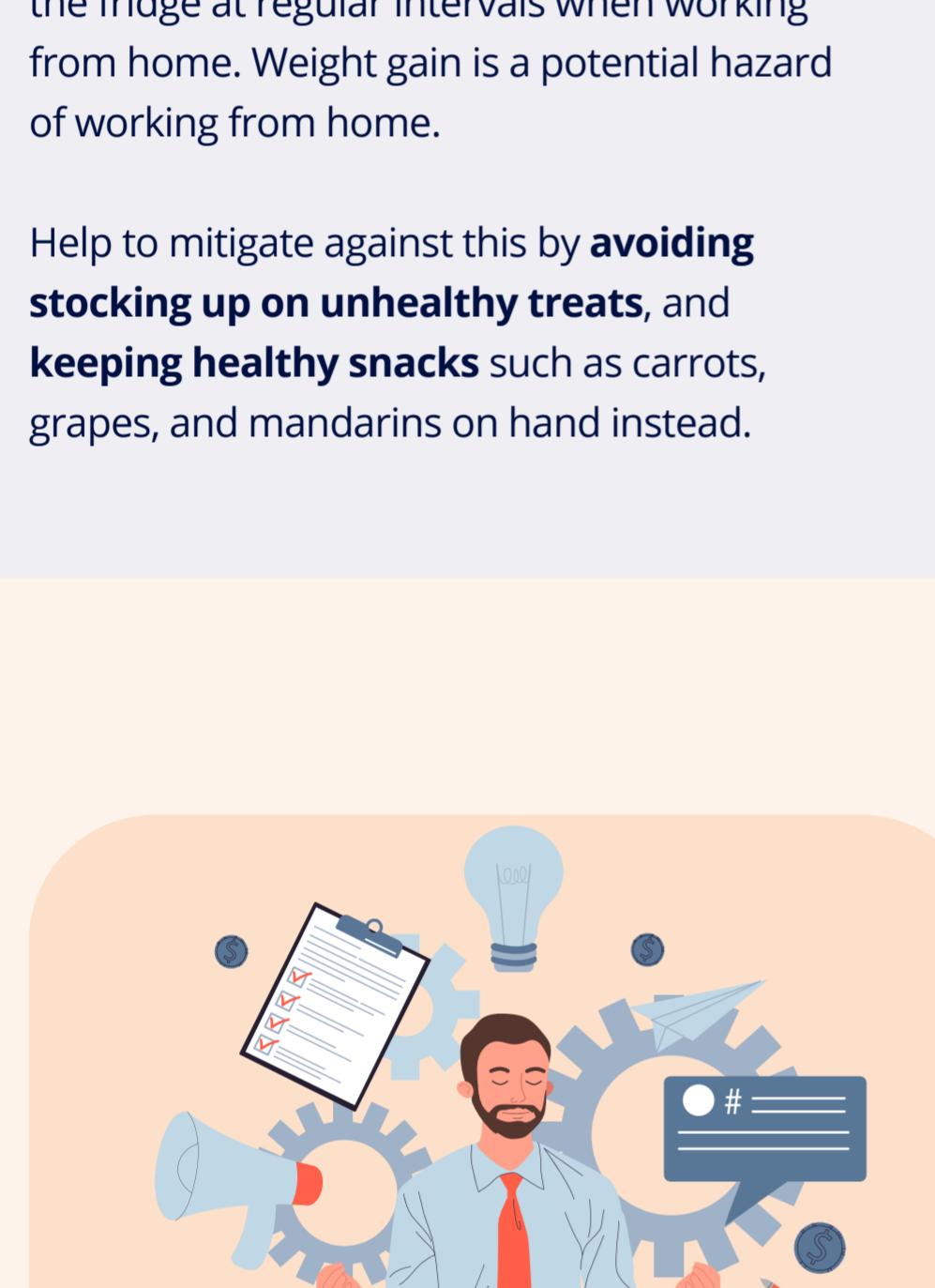
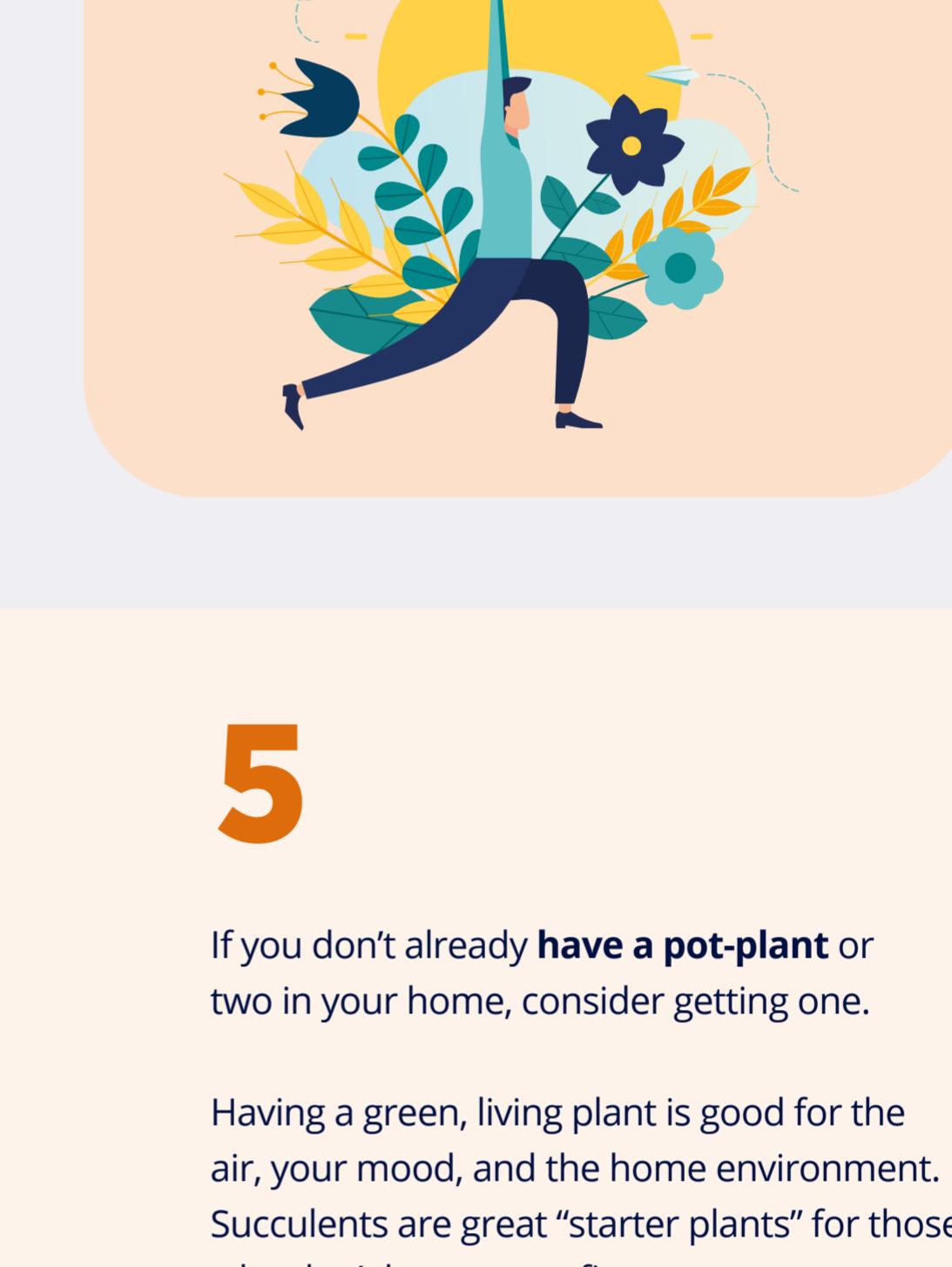
**Yannick Roth, Vision Direct France**  
Director, Business Developer at Visiondirect.co.uk and Optician



2

Have a **specific room** or corner where you work. It can be very difficult to maintain a clear distinction between work and home life when you work from home.

One thing that makes a big difference is having a **dedicated workspace**. If your home is big enough, a spare room or box room can be repurposed as an office – but even if you live in a small studio apartment, you can designate a particular desk or table as your workspace.

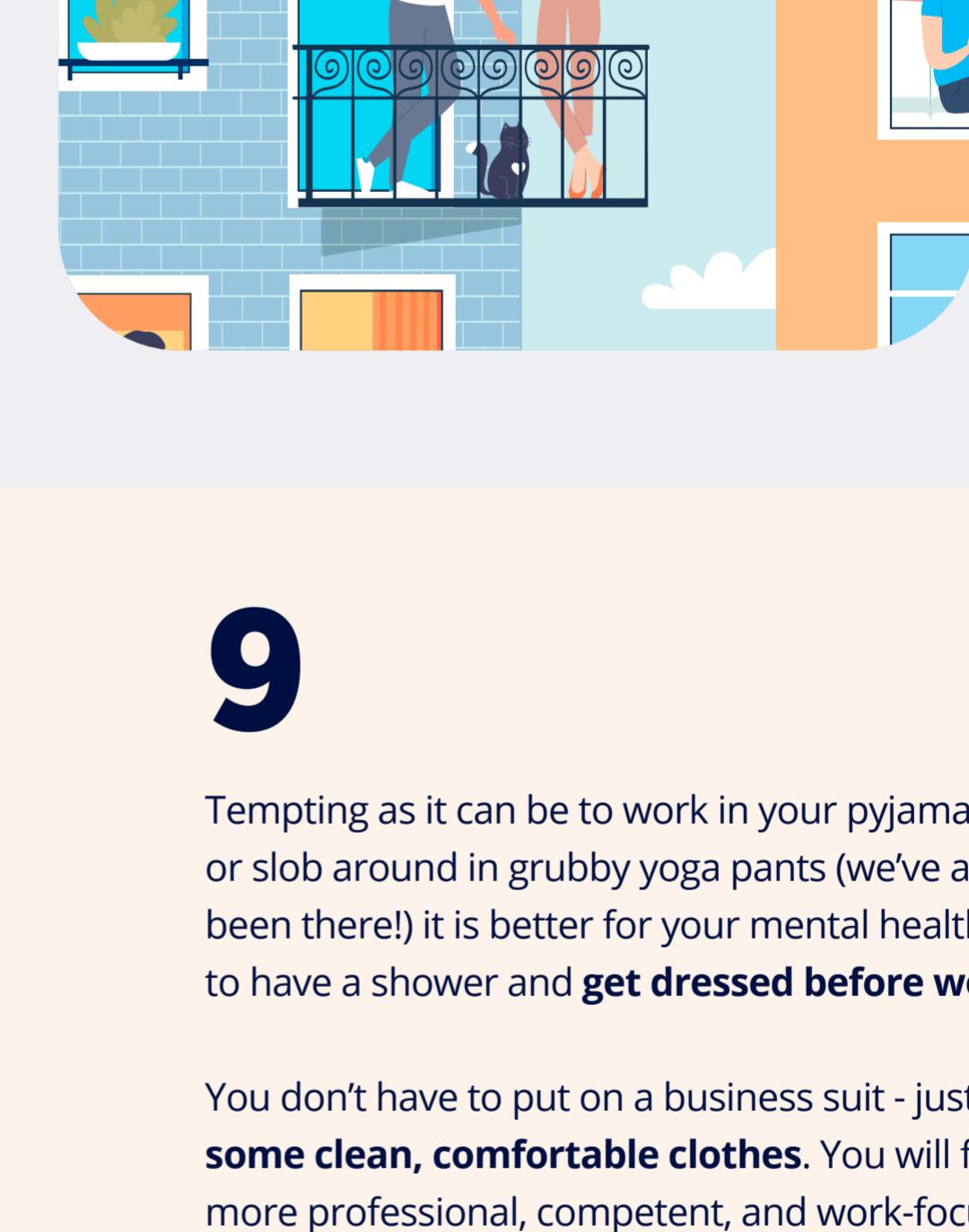


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**Keep your workspace reasonably tidy.**  
We all have our own comfort level when it comes to messiness, but we need to make sure that we stay well within it. At the end of each working day, clear away the empty coffee cups, tidy your paperwork and close your laptop.

20%

found their physical health has suffered as a result of rarely leaving the house



4

Schedule **regular breaks**, and try to make **fresh air and exercise** part of them.

Research shows that interacting with nature has a profoundly positive effect on mental health. If you can go for a walk in a park or the countryside, great - if you can't, even a brisk walk around the block to get some fresh air and feel the sunshine on your face will do you good.

5

If you don't already **have a pot-plant** or two in your home, consider getting one.

Having a green, living plant is good for the air, your mood, and the home environment. Succulents are great "starter plants" for those who don't have green fingers.



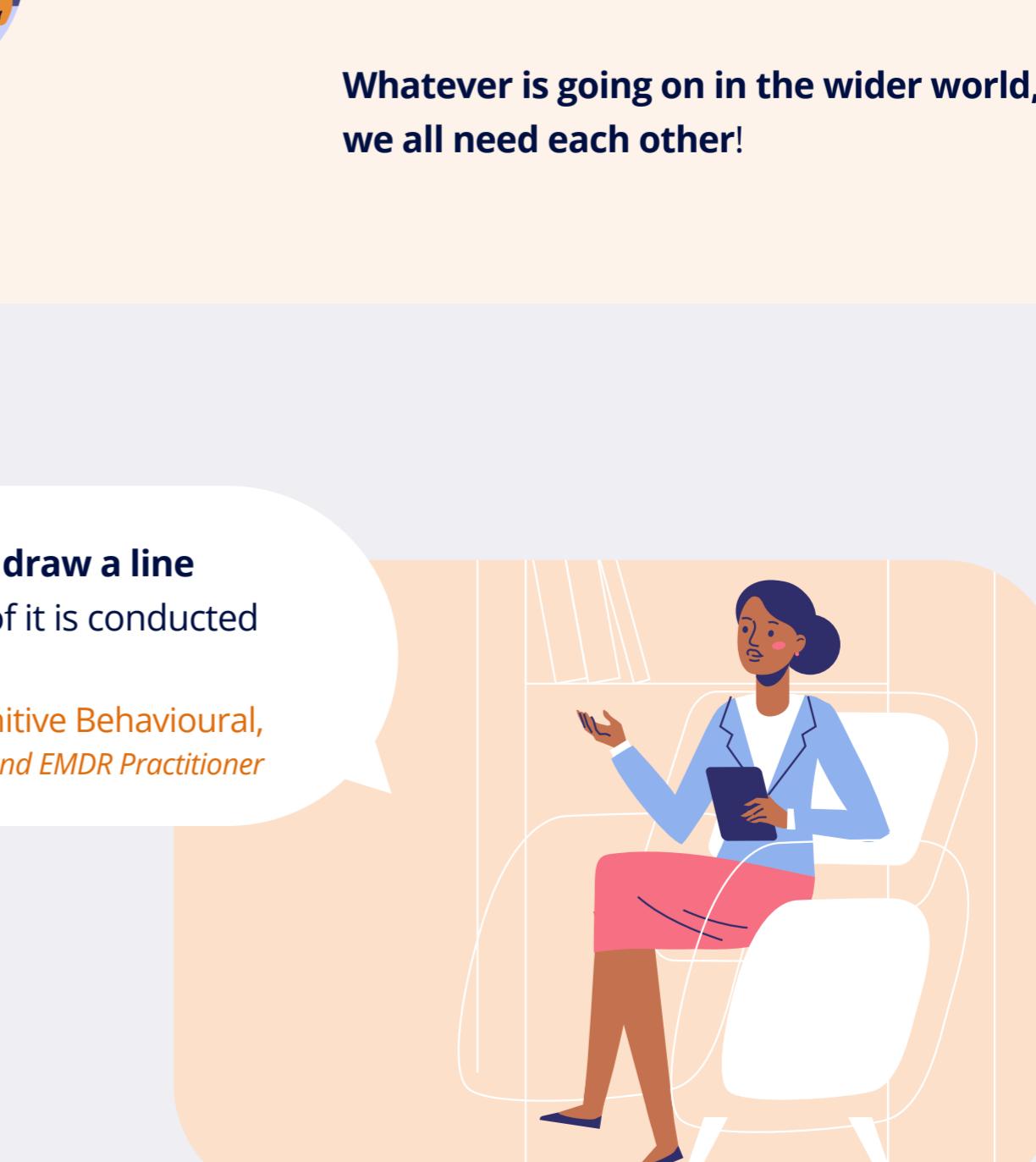
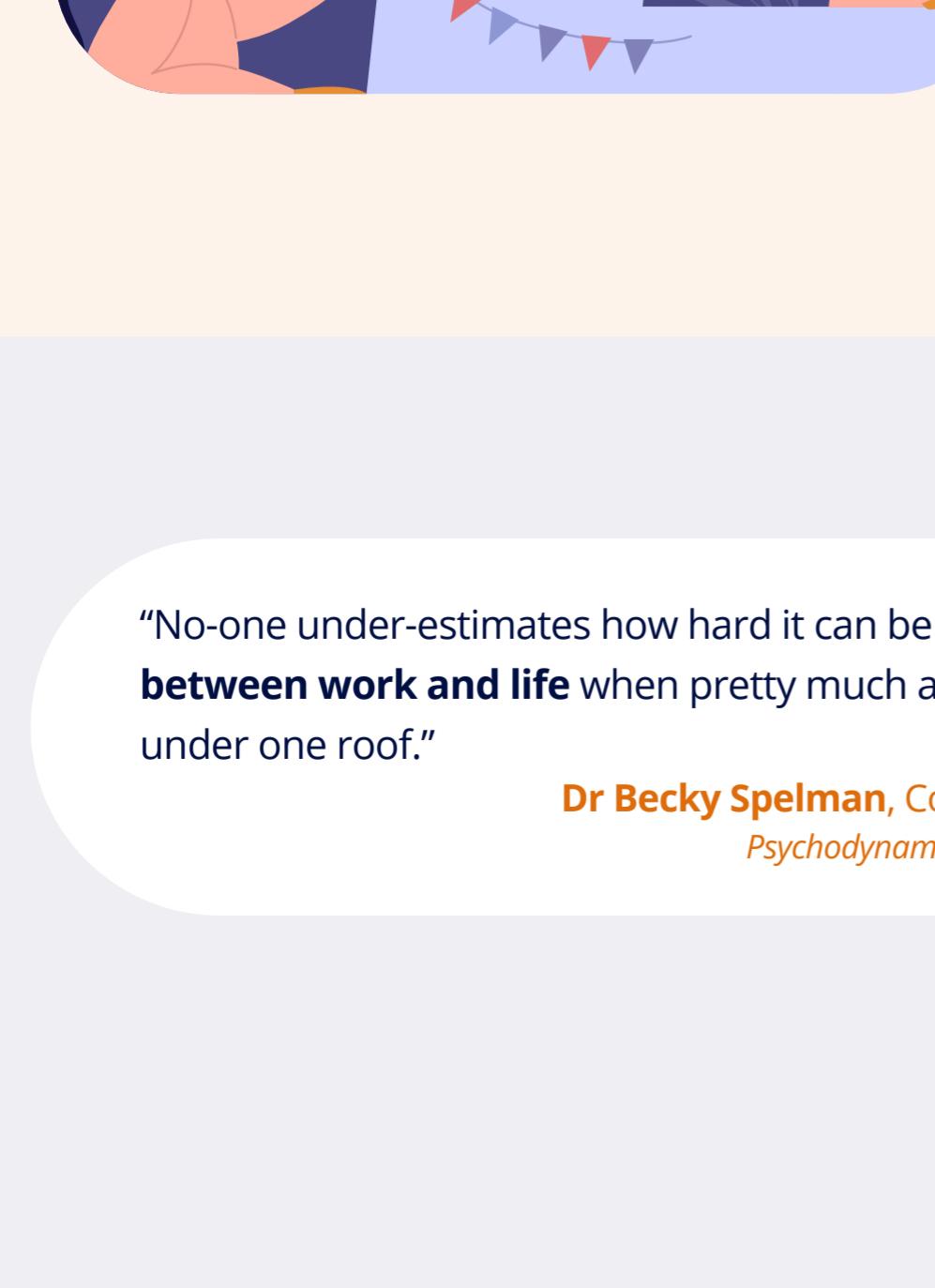
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It can be all too tempting to graze from the fridge at regular intervals when working from home. Weight gain is a potential hazard of working from home.

Help to mitigate against this by **avoiding stocking up on unhealthy treats**, and **keeping healthy snacks** such as carrots, grapes, and mandarins on hand instead.

Consider integrating a practice such as fifteen minutes of **yoga or mindfulness meditation** into your day.

There are thousands of guided workshops on YouTube that can help you if you are not comfortable doing this on your own. Unwinding in this way will help you to avoid aching shoulders – and a stressed-out mind.



7

"No-one under-estimates how hard it can be to **draw a line between work and life** when pretty much all of it is conducted under one roof."

**Dr Becky Spelman, Cognitive Behavioural, Psychodynamic and EMDR Practitioner**



8

If you live with others who are also working from home – a spouse or flatmate, for example – establish some **ground rules** to make it easier for you both to work.

This might mean designating a particular room for phone calls, so that nobody is distracted, or agreeing to meet at a set time for lunch or a walk together.

Tempting as it can be to work in your pyjamas or slob around in grubby yoga pants (we've all been there!) it is better for your mental health to have a shower and **get dressed before work**.

You don't have to put on a business suit - just **some clean, comfortable clothes**. You will feel more professional, competent, and work-focused if you go to a minimum of effort in the morning.

9



**Keep in touch with your friends and colleagues.**

Working from home can become lonely and isolating. You may feel as though the last thing you want to do is have another phone call or Zoom meet-up after a long day at work – but do make the effort to keep in touch with the people you care about.

**Whatever is going on in the wider world, we all need each other!**



Research conducted by OnePoll for Vision Direct, with a sample of 2,000 UK adults October 2020.

 **VisionDirect**