

Psychology Resource- Working from home

In this resource we wanted to come back to some of the tips and suggestions that might help us to manage whilst many of us continue to work from home.

Back in March many of us may have expected that things would look very different come October. As a result of Covid-19 our working and personal lives remain significantly altered and with the latest London restrictions, it can become harder and harder to sustain all of the helpful habits, routines and self-care strategies we may have begun in March. As time goes on and the seasons changes there may be additional things we need to do to feel 'OK' and to sustain us. It can be really hard to keep doing all of the things we think are helpful for ourselves and others....including sending out this email on a regular basis!

We came across this graphic and thought it was a helpful reminder of the things we all *know* can help us to feel better whilst working from home, but which become harder to do as we continue to live with the uncertainty and stress of Covid-19.



***We know for some people making a space to work other than their bedroom isn't feasible and want to acknowledge the range of living situations and circumstances people are in.**

As well as 'screen fatigue' many of us may be feeling more tired than usual. Screen time is a factor, but we are likely to also be feeling the fatigue of the uncertainty and changing

pandemic and associated stress. We may feel pressure to be 'productive' in this time; using apps to learn languages, taking up running, baking bread etc. Social media allows us to compare ourselves to others in a unfavourable way like never before and the pressure to be using this time 'productively' can be unhelpful. We may feel like we aren't doing enough. For many of us our lives aren't progressing in the way they once were; we may have had to postpone significant life events; we don't have the same routine breaking events, holidays or changes of scenery we perhaps had before, so making space for self-care and breaks becomes increasingly important.

Some of us may be getting used to the 'new normal' or 'doing OK considering'; but it is important to give space to the wide range of feelings and responses that will be around for many of us. This is a really difficult time to be living through and will impact on all areas of our lives; it is important to acknowledge this whilst also trying to find routines, activities, breaks, rest and moments of joy that help us to move forward.

A reminder also that Mindfulness at continues to run on Mondays, Wednesday and Fridays 1.30pm-2.00pm should you want to use this space, facilitated by our Clinical Psychologists in MAST.



We also wanted to make you aware of a series of free online Webinars starting on 27th October 2-4pm, covering a range of topics to support you through Covid-19 (see attached). You can attend as a one off or multiple sessions, but due to the time commitment to attend we suggest you discuss these with your manager and/or supervisor should you want to access them.



Please take care of yourselves during this challenging time and make use of the different options for support that are available as and when you need them.

Brighter Futures Clinical Psychology Team



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