

MAY 2020

MAINTAINING HEALTH AND WELLBEING



If you are trying to juggle parenting and job-related responsibilities, here are a few tips that might help save your sanity and preserve your productivity!

TOP TIPS



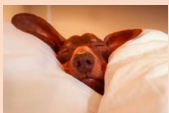
Connect with others. Stay connected and adjust your social media intake if it is making you anxious. If you haven't got anyone to talk to, you can call emotional support lines such as Samaritans which is free and confidential support 24 hours a day on 116 123.

Be active. Eat healthily, drink enough water and exercise regularly. Build physical activity into your daily routine; for example clean your home, dance to music, seated exercise, online workouts.



Take notice & focus on the present. Engage with nature. Open the windows to get fresh air, watch the birds, make the most of any private outdoor space, and listen to natural sounds apps.

Stick to the facts & limit your news intake. Do not stay glued to the news. Set yourself a specific time to read updates or limit to checking a couple of times a day – use trustworthy sources such as GOV.UK or NHS websites.



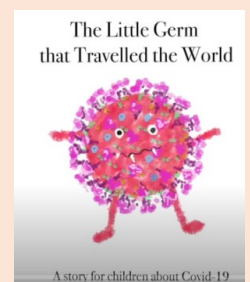
Get enough sleep. Include time to relax. If you aren't happy with your usual routine this might be a change to do things different.

Keep your mind active. Keep learning & do things you enjoy. such as download a podcast, watch a box set, read a book, do some art and crafts, cooking, gardening or DIY.



Offer support and help others. Helping others makes you feel good. Check in with friends, neighbours or colleagues.

Keep your children informed by explaining the facts but try and avoid scare stories and over-exposure to the news. Be as truthful as possible. You might like to share this story with them <https://www.youtube.com/watch?v=xuyBKubaUAg>



Take care of your immediate environment. If you are spending a lot of time at home, you may find it helpful to keep things clean and tidy. If you live with other people, it could help to decide together how you'll use different spaces.

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WORKING FROM HOME WITH CHILDREN

If you are trying to juggle parenting and job-related responsibilities, here are a few tips to save your sanity and preserve your productivity.



TOP TIPS



Meet your children's needs first. They will be less likely to disturb you while you are working.

Agree a daily routine but be flexible. Having a fixed routine can feel good but does not always work if you have children. Try to adapt your schedule to accommodate their changing needs.



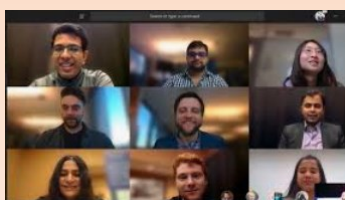
Set boundaries but expect interruptions. Do your most focused work in the evening when they are settled or in bed.

Explain your work to your children and if you are contacting a colleague, explain you are with your children.



Set realistic expectations for yourself. You may not be able to achieve as much in your working day. You can't do everything, so prioritise. Focus on the things you have achieved and not on your to-do list.

Rotate childcare with a partner if you have one to give you both time to work and time with the children.



Keep in touch with colleagues. Regularly video conference or talk on the phone or in group chats.

Try to see the bigger picture and relax some rules around things, such as limits on screen time.



Take regular breaks. Check-in with your children, have lunch together, set up another activity. Try to finish work at the same time each day and plan some family activities for after work.

Reward good behaviour if your children have completed their task or stayed quiet during a call.

