1. Getup & Move

Sitting for long periods is not good for us. So it's a good idea to get up once in a while to stretch and move your body.

- Advise to do this every 30 minutes for a minimum of 60 seconds. You could also stop your work every hour, get up and move for 10-minutes. This can make all the difference
- Find apps, such as **Stand Up! Take a break that** will remind you to take regular breaks or set an alert on your phone
- Use a portion of your lunch break to take a 20-minute walk around your neighbourhood.

As a remote worker, you have extra time in your day that you don't have to waste commuting into an office. Use that time to exercise and move!

2. Leave the House

You might find that when you work from home you never leave your house! If you do this for a long time it can have a negative effect on your mental health. Make a point of leaving your house during the working day. Some tips below:

- Grab a mid-morning coffee in your local coffee shop
- If you have fellow remote working colleagues or friends working nearby, meet for mid-morning coffee once a week
- Work in your local coffee shop or library that has good Wi-Fi
- Go for that walk at lunchtime.

Everyone needs to socialise, and as a remote worker, you may find yourself needing it more than when you were in an office.

3. Skip the Bold Food!

When you're home alone, no one is there to judge you for eating biscuits for breakfast!! A full fridge can be a disaster for people with little willpower. Here are some tips for eating healthy while working remotely:

- Plan and put together your snacks and lunch (like you would if going into 'the office')
- Keep fruits and nuts etc. close by to grab instead of biscuits and sweets
- Stick to your break/eating times as you would while working in 'the office'.

4. Stick to a Schedule

If you have flexible hours you may be inclined to hit that snooze button a few times more than normal while working remotely! To ensure you are prepared and feel better throughout the day its best to keep to a schedule. Design out a working hour's schedule that suits you and stick to it.

5. Set up a Healthy Work Area

Take a look at your working space at home. Is the room dark, area cluttered, too warm? This environment may be making you drowsy and sleepy.

- Open curtain / raise blinds to let in natural light
- Open window to let in some fresh air

- Have a clean desk policy
- Add some house plants. House plants provide cleaner air and boosts your mood.

6. Get Showered & Dressed

When working from home you can wear whatever you want. It may be enticing to stay in pj's all day; however this can have negative effects to you mental health and wellbeing. Wearing these type of clothes all day can impede productivity, you're likely to make poorer food choices or forget to get up and move around. Getting showered and dressed for the day make you want to get up and move and be productive. So instead of staying in pj's why not wear your workout clothes - this may entice you to do that lunchtime walk!