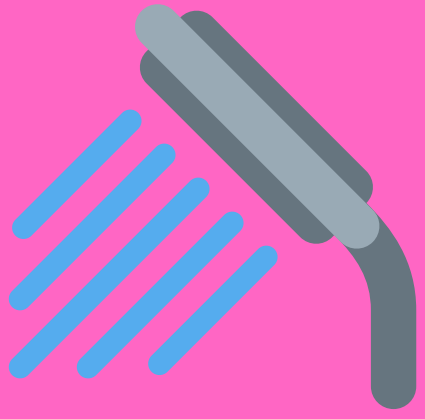


# Working well from home during the COVID-19 outbreak



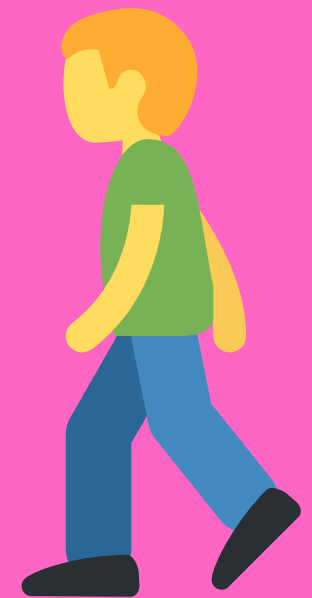
Get washed, dressed and ready for work as if you were going into the office, this will help you get into the right mindset

Try to dedicate an area of your home to become your work environment. Make sure it's comfortable and as peaceful as possible



Working from home can be lonely, try to make use of video messaging facilities such as Skype and Microsoft Teams to video chat with your colleagues

Take regular breaks throughout the day. Be sure to take a proper lunch break away from your desk



Try to bring a bit of normality to this new style of working - celebrate things like team birthdays and achievements virtually to boost morale

 @MH\_LD\_PTHB



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd  
Addysgu Powys  
Powys Teaching  
Health Board

