

LOOKING AFTER YOUR MENTAL AND PHYSICAL WELLBEING

Whilst remote working and working flexibly may seem like the norm now, after nearly a year of working in this way, it still presents challenges to not only our usual ways of working, but also our mental and physical wellbeing too.

We share some top tips on how to look after your own wellbeing and support your team, during this difficult time.

Work set up

Let the light in! Create the best working set up to help you to stay energised and focused throughout the day, making sure you get plenty of natural light. If possible, try to create a workspace away from your living space to reduce noise distraction and help create distinction between work and living.



Be kind to yourself

Remember that nothing is permanent and that includes bad days. Give yourself permission to feel sad or unmotivated and know that better days will come. Don't be too hard on yourself – you may be trying to juggle around childcare, home schooling and other commitments, whilst juggling a demanding role.



Maintaining boundaries

Work/life balance? Take time away from your desk and create boundaries between work and home life. What helps you to switch off at the end of the day? Start and close the day with a routine which signals the beginning and the end of your working day – this could be something as simple as getting dressed and having breakfast before work, and putting your laptop away in a drawer at the end of the working day.



Connect and socialise

Virtual coffee break? Find time to connect with people on a social level. If you're a manager try not to be too task focused when speaking to your team. Ask them how they are and be interested in the answer, being on hand if they need any additional support.



The Outdoors

Get outdoors! The Nordic concept of "Friluftsliv" (pronounced free-loofts-liv) means embracing open air living- there's no such thing as bad weather, only bad clothes! Take this time to get away from your desk and move your body. Could your firm connect and motivate employees by creating a running club? Perfect for exercise and encouraging some healthy competition!



Look forward

Make plans that you are excited about. Schedule a movie night with popcorn, find a virtual event you can attend, for example, an online gig or painting class, or take the first steps towards learning that new skill or hobby you always wanted to do.



Mental Health, Wellbeing and Resilience Pack

Aimed at juniors and trainees, this pack covers a range of topics to promote positive wellbeing and resilience through real-life stories, checklists and other resources. The pack includes on-demand modules covering topics such as:

- Helpful and Unhelpful Thinking
- Taking Responsibility
- Working Under Pressure

[Find out more](#)

www.mercia-group.com



sales@mercia-group.com



0330 058 7141