

An easy guide to looking after your wellbeing when working from home

Woo Woo and trainers optional!

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Wellbeing, why bother?



Wellbeing - your combined physical and mental wellbeing

- Wellbeing can be understood as how people feel and how they function both on a personal and social level and how they evaluate their lives as a whole. (MHF)
- Wellbeing is scientifically proven to link to our happiness. (Paul Dolan, Professor of Happiness at LSE)
- Wellbeing - doing stuff and things that make you feel at ease, contented, happier and healthier (Me!)

This stuff (wellbeing) is no longer optional. It's our duty & responsibility to take care of ourselves and stay well to live well and be safe!



There is a new new, and more new new's to come

- COVID-19
- Working from home
- Uncertainty
- Unfamiliar
- New routines
- Coming out of Lockdown - or back in!!
- A massive focus on health, hygiene and staying safe
- Overload of information
- Lockdown dip days

A few stats

- **49.6%** of people reported high anxiety (rating it between 6 and 10 out of 10)
Equates to over 25 million people
- Average anxiety levels were **5.18 out of 10** and have remained elevated.
Previously 2.97 in Oct-Dec 2019
- **20.7%** of people reported low levels of happiness (rating between 0 and 4 out of 10).
Previously 8.4% in Dec 2019



Wellbeing, why bother?

- It's essential, not optional
- Keep ourselves safe and well
- Help us to cope in these difficult times



Four focus areas

Movement &
Energy



Connect & Give



Fuel



Take Notice



Movement & Energy

- Commute to your desk
- Stand up
- A quick press up or lunge - seriously!
- Five deep breaths
- Wave your arms in the air
- Go outside for five minutes
- Listen to your favourite song



Connect & Give

- Connect and chat
- Join a webinar
- Ask for help
- Write a card, post a letter
- Volunteer and join in
- Be kind



Fuel

- Food and drink = fuel
- Fuel = energy for your body and mind
- Relax, rest, sleep
- Exercise, enough said. MOVE!
- Immerse, lose and distract yourself in something you love
 - Books, films, boxsets



Take Notice

- Plan the day - units of time
- Create a routine and break it!
- Display cards, photos, memories and messages that inspire you
- Get back to nature
- Declutter and tidy
- Learn something new, or do more of what you love
- Appreciate the little things



Hints and tips

- Eat your frog first thing
- Pick just three things to try
- Tell someone what you are going to do
- Work in a team or a group
- Get in touch with me.... really



You have to make a conscious decision to change for your own well-being and that of your family and your country.

William J Clinton

Thank you

Free sessions for any BTA members and teams

Free PDF - aide memoir

See - Woo Woo and trainers were optional!!

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