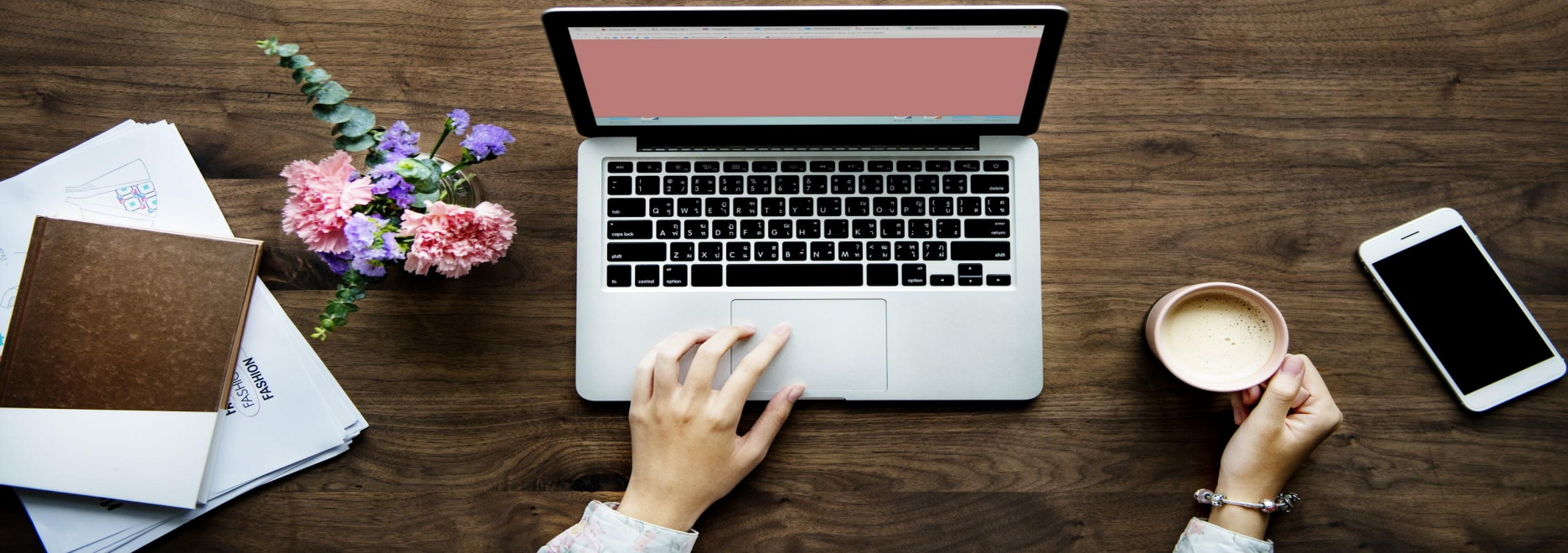


# Staying mentally healthy while remote working during the coronavirus quarantine

Arabella Tresilian,  
Workplace Mediator and Associate Trainer, Bath Mind





**Neil Webb**  
@neilmwebb



"You are not working from home; you are at your home during a crisis trying to work."

I've heard this twice today. I think it's an important distinction worth emphasising.

4:39 PM · Mar 31, 2020 · [Twitter Web App](#)

**102.6K** Retweets   **369.9K** Likes

# What can we do to support our wellbeing when remote working?



Look after your  
physical wellbeing



Create a new  
routine -  
including time to  
unplug



Stay connected

# COVID-19 CARE CARDS



• doodle + write in me  
• daily + **SHARE ME**  
• with others ♥



**GOOD MORNING** dear human!



Something I'm looking forward to today...

Something I'm going to do to look after myself today...

Something I'm going to do to look after someone else today...



Mmm

**LUNCH TIME**



Something that makes me happy in my home...

♥♥♥ **BEFORE BED** zzzz...

3 things I'm grateful for...

pssst...  
sleep tight.  
see you tomorrow

Something I learned today...

# What can we do to support colleagues' wellbeing when remote working?



Communicate to collaborate - check in first



Role model good working practices



Celebrate successes

# What are your top 3 tips for helping people stay mentally healthy?



Acknowledge the  
uncertainty of  
these times



Be compassionate  
to yourself, and to  
those around you



Reconnect to the  
Purpose of your  
work

# Resources for mentally-healthy remote working:



<https://www.mind.org.uk/>

**MENTAL  
HEALTH  
AT WORK**

<http://mentalhealthatwork.org.uk/>



<https://www.nhs.uk/oneyou/>



If you need help to feel calm, or to find ways to cope: visit [learn.4mentalhealth.com](https://www.learn.4mentalhealth.com)



Welcome to our new resource to help you find ways to feel a bit calmer and for ideas to help you cope.