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## SELF-CARE WHILE WORKING FROM HOME

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No one could have predicted that so many of us would be working from home due to the Covid-19 pandemic. Working from home is often a choice made after careful deliberation and planning, but most of us had very little say or warning. It can be helpful to practice self-compassion and engage in practical coping strategies as we adjust to virtual work.

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### ARE YOU BEING FAIR TO YOURSELF?

- It is normal to feel stressed and a little off-balance right now.
- Any* kind of transition or change can be difficult; consider that you are making this transition to virtual work during a global pandemic!
- Everyone responds to stress a little differently; avoid comparing your coping style to others.
- Stay informed, though be mindful about consuming sensational media coverage.
- Remember that you are now managing your many roles (professional, parent, caretaker, teacher) in new physical and mental spaces.
- You can be both grateful for your employment and frustrated with the circumstances.

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### PRACTICAL TIPS

- Set aside a work area in your home that is separate from the rest of your life.
- If possible, choose a work space with plenty of natural light.
- Maintain your normal working hours and keep a structured routine.
- Get dressed for work – maybe not a suit, but also not pajamas!
- Manage “Zoom fatigue” – take breaks from the screen or walk outside during meetings.
- Engage in brief positive distractions when feeling frustrated or fuzzy, such as yoga, meditation, or simple stretching.

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### STAYING CONNECTED

- Take time to have “non-work” conversations with colleagues.
- Create a virtual space where colleagues can share self-care activities, creative ideas, good news, pictures of pets, etc.
- Remember to engage – virtually – the support network you have outside of work.
- If safe and weather-permitting, exercise outdoors with friends or family – at an appropriate distance.
- Keep in mind that the majority of mental health providers are offering telehealth visits.
- Be mindful that pandemic-related stress seems to have a disproportionate impact on communities of color.