



Balancing work and life in 2020

National Work Life Week 12-16 October highlights the importance of balancing the personal and professional aspects of your life.

2020 has been a year that has brought unforeseen challenges and changes, with many of us now working from home or in an environment that has heightened safety precautions.

Working from home means that time is saved on your commute, making the balance of working and home seem easier to accomplish on the surface. However, it has become ever more apparent that many of us find the ability to switch off for the working day more difficult. The blurred lines between home and work means that many of us shut down after the working day is over, and allow work to creep into our home life. After all, lots of us can no longer 'leave problems in the workplace'.

Covid-19 is testing the wellbeing, motivation and optimism of the majority of us, making the importance of achieving an acceptable work life balance even more paramount.

Working excessively long hours is associated with depression, sleep deprivation, stress, a compromised and unhealthy diet, raised blood pressure, lowered immune system and an increased risk of heart disease.

Below are suggestions to promote a work-life balance for those that are working from home:

- Shut your laptop/computer down on time
- Keep your work space away from your living space, if possible
- Move away from your workspace at lunchtime
- Take regular breaks – mental clarity is crucial for productivity, Zoom fatigue is real!

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