

Remote working

Managing your well-being while working from home.



Taking the Air

Going outside refreshes and is a stimulus for creativity, and exercise may help in coping with stress and enabling well-being.

Skype-Coffees

You cannot meet your colleagues face to face but not every online interaction has to be about work.

Stop, Reflect, Adjust

If you start to feel you are neglecting an important area of life, it is important to take time out to recalibrate

Email Responsibly

Reflect before you hit send - avoid storms of emails, texts and messages.

Resist Responsibilisation

Resist expectations to just 'get it done', what can employers do to support you more effectively?

Right to Holiday

Plan and book in some time off to relax at home even if you cannot go away.

Read more at :
dosrhul.org



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