

Remote Working - Staying Healthy

Minimise stress

People managers should set clear expectations about the way employees should deliver and receive communications throughout the working day. This will help alleviate pressure and anxiety.

Be kind

Challenging times call for greater sensitivity and kindness, both to ourselves and others.

Cultivate healthy habits

Make time for taking exercise and getting fresh air every day.

Have a regular virtual huddle

Keep connected, check each other's physical and mental wellbeing, and discuss any additional support needed.

Take time off if you are unwell

If you're unwell, take leave and do your best to give an update or handover on urgent work.

As a manager or team leader, encourage people to take time off if unwell and model the behaviour yourself.

Ask for support

Know that you are valued, that you have support from your NSG colleagues and community, and that you can ask for support whenever you need it.