

# 5 TIPS TO RESET YOUR ROUTINE

For many of us, working from home is another challenge we must deal with as a result of the COVID-19 (coronavirus) outbreak. If you're new to the full-time couch commute, you might be finding it difficult to shift into a new routine.

Now might be the perfect time to reflect and set up healthy habits. Follow some simple tips when you're working from home, to help you get the most out of your day:

- Regularly get up, **stretch** and move around. **Sitting less and moving more** helps reduce a raft of health risks
- Prioritise **healthy sleep**. For a start, keep electronic devices out of the bedroom
- Stick to the same work hours as you usually would. Start, have lunch and finish at your regular times
- Give yourself three action items for each day so that when you log off, you have a clear view of what you've achieved
- Take advantage of the mental health resources available to you through your employer; from organisations like **Lifeline, Headspace, Beyond Blue**; or through your GP.



## MAKE IT WORK FOR YOUR BODY

Take the time to set up a healthy workspace at home. Putting your computer and screen in an appropriate place, adjusting your work chair, using a mouse, reducing glare and cracking open a window for good airflow are some of the basics.

