

A GUIDE TO: SERVING YOURSELF WELL WHILE OFF WORK

Being at home and out of the normal routine of work can be challenging and unfamiliar. You have space and time to do things differently. And if you don't yet know how to do that, it's OK because you will!

Here are some things to think about to set you off on the right footing while being at home.

We
humans
are
creatures
of habit...

Work structure can provide our habits and routines, including the 9 to 5, the Monday to Friday, the breakfast, lunch and dinner and all the work routines that fit within. When not in work, routine can go and the couch and lazy mornings may seem inviting. Short term this can feel luxurious. But long term, to be our best we need routine and habit to give us a sense of self, place, perspective and achievement.

Create structure by imagining your day ahead. Define all of your activities and its parts - the good, the great, the indulgent, the mundane, the things you don't want to do. Chunk them up and plan when you'll do them. Then, as you move through the day, you can tick them off, gain a sense of progress and see what good habits you may want to form.

1

RETHINK HOW YOU PERCEIVE TIME

We constantly set boundaries around time: a 10-minute appointment, a 45-minute lunch, X time for commute, 40 hours a week. These time structures are based around our social and working norms, but at times like this those norms and boundaries are null and void. In the short term, our time is ours to use as we wish. We can indulge in time, enjoy its space, take longer, be less pressured, be easier, lighter. There is no longer a rush and we can take everything in our stride in a way that serves us well. Now more than ever, we have time to enjoy, and serve ourselves well.

2

SEIZE OPPORTUNITIES

You have been presented with an opportunity and this change could be seen as a gift. You now have space to do the things you've been wanting to do, such as the hobby that you never get round to trying, the online learning that's been on your mind or the volunteering you've been meaning to do. Not to mention the friends you've been wanting to reconnect with or the relaxing you dream of and just generally enjoying life more. So, what have you always wanted to do, but haven't yet been able to give yourself the permission or the space to? Could now be the time?



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3

NURTURE YOUR CONNECTIONS

We have an innate need for connection; to be part of something and connected to people and the world around us. Even if we're happy in our company, at some point reaching out becomes important. We must connect so that isolation doesn't build. Connect to people that are important to you. Reach out by phone or video link or even take time to write. Be proactive and nurture the connections with others around you. Connect with the environment around you. We are part of a world that is so much bigger than us. Get outside when you can, observe the trees and the greenery, hear the sounds, take in the air and connect to the world.

4

LOOK AFTER YOUR MIND

There may be a lot you cannot control right now. Many experience stress because they expend energy thinking about the things they can't control. The truth being that the only thing we can control is our mind, our body and our response. If you find yourself frustrated by what you can't do, what has already happened, or the situation you are in, ask yourself: what can I do? What can I do to serve myself well moving forward from here?

5

BUILD YOUR INTERNAL RESOURCES

One proven way to build your internal resilience and resourcefulness is through good sleep, mindfulness and meditation. Neuroscience tells us that 40 minutes of meditation is similar neurologically to four hours' sleep. Don't worry if you don't feel you know how to do it as there are many free apps to teach you and it's actually a perfectly natural thing to do. To build your resourcefulness and resilience meditate at least once a day for 10 minutes at a time. Download Headspace or Insight timer for lots of great meditations.

6

LOOK AFTER YOUR BODY

We inherently know that exercise is good. The mind and body are one interlinked system and the happy chemicals and positive impact of exercise on the mind is well documented. We must exercise during this time to equip ourselves with good physical foundations. Exercise for at least half an hour a day, getting your heart rate up if it's safe to. Doing that with family members or online communities can be even more fun.



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