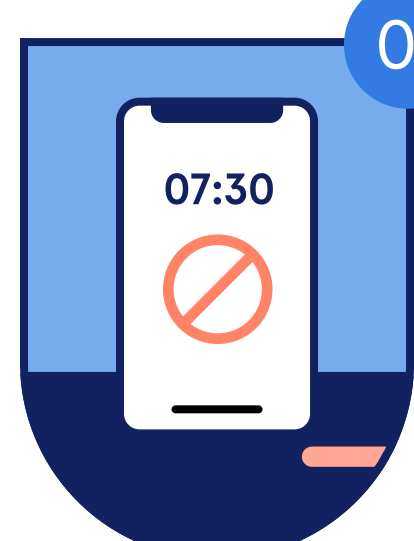




# 10 easy steps to improve your Mental Health when working from home

#BeatTheBlues

## IN THE MORNING



### 01 Avoid looking straight at your smartphone

By checking your phone right after waking up, you are priming your brain for distraction. Seeing or reading something negative first thing in the morning **can trigger your stress response** and put you on edge for the rest of the day.

### Warm rehydration

Drinking a warm glass of water in the morning helps your body **flush out toxins and rehydrate** after a whole night of sleep.



### 03 Include an act of self care

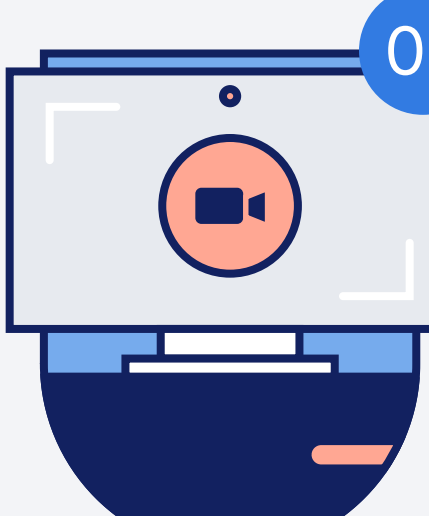
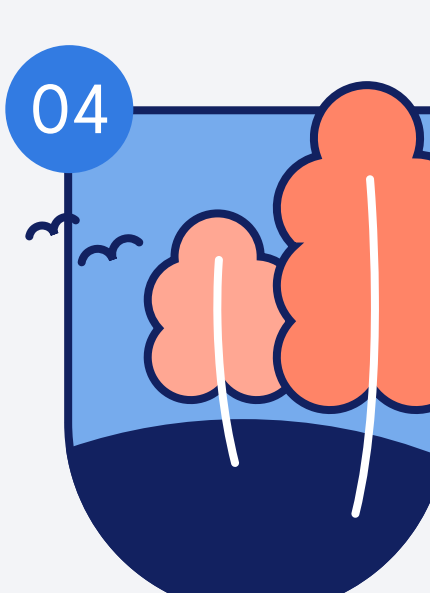
Living and working in the same space can lure you into work right away. Take some time for yourself before flipping up the laptop. Here are some suggestions you can do in 10 minutes or less:

- Meditate
- Take a short walk outside
- Write in your diary

## DURING THE DAY

### Take regular Breaks

When working from home, taking enough breaks, can easily be forgotten. Techniques such as **Pomodoro can help you focus and remember to hot the pause button** throughout the day. Try looking into the far from time to time. Your eyes will thank you for it.



### 05 Work with a colleague or friend

In order to counter loneliness **invite someone over for co-working or schedule a “background video call”** with a colleague – simply to be with someone.

### Change your workspace

A regular change of scenery can help your brain to stay flexible. Even in a 1-room apartment you can move around, **visit a café or walk & meet.**

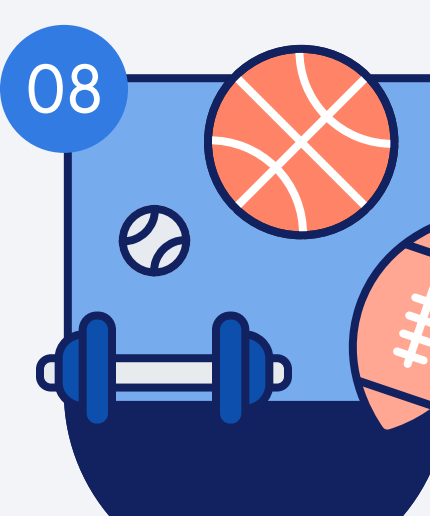


### 07 Mindful minutes

**Start your team meetings with a mindful minute.** At Urban Sports Club we recently did our first mindful minute in the All Hands with the whole company :) There are several ways to do this. You can **sit in silence or ask your team a guiding question** such as: “What occupies your mind” or “what are we trying to accomplish with this meeting”?

### Move! & make it an afternoon routine

Afternoon fatigue is a logical consequence when our range of motion decreases. Make it a routine to **take a walk outside or add a small workout.** Anything that gets your physique into motion!



## AFTER WORK



### 09 Make a moon list

Just before finishing work for the day, **write down the 3-5 most important things you will work on tomorrow.** This way your brain knows that the information is safely stored and it can relax when drifting into sleep later.

### Mind your sleep & set clear boundaries

Good sleep is the most important contributor for mental health. Here are some best practices to improve it:

**Don't regularly work and sleep in the same room**

**Setting boundaries:**  
Really switch off all work devices and notifications after working hours

**Our brain is wired for expectations.**  
Build a healthier sleep routine by following a fixed sleep pattern



#### Afterword:

New habits stay best if you introduce them in small changes. So don't try to change your daily routine all at once, but in small doses and then build on them.