



TOP-TIPS FOR WORKING FROM HOME

We know that for some it's been a struggle working from home through lockdown, impacting on our mental health.

Moving more during your day can help to reduce stress and give yourself a boost, so we've put together some top-tips that you can try each day to help you feel less sluggish and lethargic, and better able to deal with the stresses of working from home.

MONDAY



Step away from the screen

Back to back meetings don't allow us time to reflect or prepare - put 15 min breaks before and after meetings/blocks of work to have an active break. Do some stretches while you put the kettle on to loosen up.

TUESDAY



Swap your Zoom to a walking call

We've all felt Zoom fatigue, right? Give yourself, and the person you're meeting, a mental break by chatting on the phone whilst out for a walk or pacing around the house - just don't trip up over the dog!

WEDNESDAY



Liven up your meetings

It's great to have a nosey in to your colleague's home, but you can also liven up regular meetings by building in a 2 min energiser at the start or middle e.g. do some chair based exercises as a team.

THURSDAY



Wrap up warm and walk it out

Evidence shows that taking a short 20 min walk over your lunch will make you feel more energised and productive for the rest of the day. Make the most of the daylight and come back in feeling refreshed!

FRIDAY



Spend some time being vertical

You move around more whilst you're standing, which burns more calories than sitting. Spend some of your day stood up whilst in meetings or doing work, elevating your computer with books or folders.

Find more top-tips, inspiring stories and resources to be more active whilst working from home at:

www.merseysidesport.com/myactiveworklife



LINKS TO FURTHER RESOURCES



My Active Work Life

Check out MSP's dedicated page to help employees be more active from home or in the office - featuring challenges that you can complete in your own time, such as 'Marathon in a Month' or the 100 Mile 'Tour of Merseyside' [\[click here\]](#)



MSP - Being active during Covid-19

We've collated lots of links and resources to a variety of activities that you and your family can do from home during lockdown, including links to what's going on in Halton, Knowsley, Liverpool, Sefton, St Helens and on the Wirral [\[click here\]](#)



Join the Movement

Helping you find great ways to get active through Sport England's information site and links to resources to inspire you to be more active during lockdown [\[click here\]](#)



This Girl Can

This Girl Can celebrates active women who are doing their thing no matter how they do it, how they look or even how sweaty they get [\[TGC National site | TGC Liverpool\]](#)



We Are Undeatable

When you're managing a long term health condition, being active is about finding what works for you [\[click here\]](#)



Fit For Me

Fit for Me aims to inspire everyone in Liverpool to become more active – regardless of shape, size or age - in an effort to improve health, wellbeing and quality of life [\[click here\]](#)



Better Health

The national NHS campaign features popular programmes and apps to improve your activity levels - including the Couch to 5k programme and the Active 10 app to help you track your walking [\[click here\]](#)

