

10 TIPS FOR POSITIVE HOME WORKING

1. **Make a space to work**
2. **Dress for work**
3. **Create a list/plan for the week/day**
4. **Schedule breaks & start & finish times to your day**
5. **Schedule exercise breaks**
6. **Schedule virtual calls with colleagues /clients**
7. **Hydrate & eat well**
8. **Connect by phone/post/email/social media**
9. **Embrace the new and find the positive in your day**
10. **Journal or blogg about your experience**