



Practices for Maintaining Mental Health while Working from Home

Brenda Barela, CPSI, CSHO

April 24, 2020
www.pomsassoc.com

Agenda

- Underlying Factor – Role Separation
- Tips for the Remote Worker
- How can I help?
- Questions

Underlying Factor – Role Separation “Hats”

Family Roles

- Mom/Dad
- Husband/Wife
- Sister/Brother
- Uncle/Aunt
- Daughter/Son

Professional Roles

- The Profession
- Supervisor
- Manager
- Administrator
- Lead
- Co-worker

Characteristics

- Problem-solver
- Organizer
- Disciplinarian
- Counselor
- Teacher
- Care-Giver
- Friend
- Enemy

Designated Work Area

- As Private as Possible – Separate Room/Room Divider
- Declutter – At Set Up and During Work (less space)
- Follow Ergonomic Recommendations – Review Karen’s Webinar www.pomsassoc.com
- Consider Lighting (near window), Noise, and Comfort
- Greenery
- Include ‘Break Area’ – Thinking Space

Have a Routine – Schedule Your Day

- Set Clear Beginning and Ending Times – Give time to ‘Change Roles’
- Include Breaks (more about these later)
 - Meals
 - Stretching
 - Exercise
 - Critical Thinking

Creatures of ‘Habit’

Reduce ‘Decision Fatigue’

Repurpose Commute Time

- Beginning and Ending Your Workday – Change Roles
- Exercise – Walk, Yoga, Web Class, etc.
- Meal and Snack Preparation
- Reading/Studying – Personal Interests
- Journaling
- Practice Gratitude
- Meditation or Controlled Breathing
- Additional Rest

Commute time may have been 'Personal Time' – Keep at least a portion of it for yourself. It's not selfish! It's Self Care!

Take Breaks

- Meal Breaks – Practice ‘Mindful Eating’
- Small Breaks
 - Stretch
 - Exercise – Walk, Yoga, Web Class, etc.
 - Meditation or Controlled Breathing
 - Practice Gratitude

Get Outside – If You Can

- Morning Sunlight
 - Increases Alertness
 - Reduces Stress
 - Better Sleep
- Time in Green and Blue Space
 - Lower Anxiety and Depression
- ‘Forest Bathing’
 - Reduces Risk of Chronic Health Issues
 - Increases Activity of ‘Natural Killer’ Immune Cells

Change Clothes

- “Enclothed Cognition” – The systematic influence clothes have on the wearer’s psychological processes and behavioral tendencies.
- Work Clothes
- Exercise Clothes
- Casual/Relax Clothes
- Sleep Clothes

“What a strange power there is in clothing.” – Isaac Bashevis Singer

Maintain Social Connection

- Pick Up the Phone
- Video Chat
- Neighborhood, Park, etc. While Maintaining Required Social Distancing

Be of Service from a Distance

Feeling a sense of purpose has shown to help people recover from negative events and build resilience.

- Shopping for Neighbors – Elderly, Single Parents, Large Families, Unemployed
- Letters to – Service Industries, Essential Workers, Nursing/Assisted Living Communities, Veteran's Hospitals/Assisted Living/Organizations
- Virtual Reading to Children
- Virtual Lessons/Reading/Crafts to Nursing/Assisted Living Communities

How Can I Help?

- Use These and Other Tips and Techniques
- Be as Flexible as Your Company and Industry Can Allow
 - Work Hours
 - Job Assignments/Tasks
- Maintain Contact
 - Video Meetings/Conference Calls
 - Check-in Communication – Support & Encouragement
- Be Patient and Forgiving with Yourself and Your Employees – This is new territory. There will be bumps and twists in the road. Travel it together.

Questions?

Brenda Barela

505-228-0533

bbarela@pomsassoc.com

Disclaimer

DISCLAIMER: Please be advised that insurance coverage cannot be altered, bound, or cancelled by voicemail, email, facsimile, or online, and insurance coverage is not effective until confirmed in writing by a licensed agent. The materials contained herein do not establish a broker relationship with Poms & Associates Insurance Brokers, LLC, and is provided for informational purposes only. A representative of Poms & Associates Insurance Brokers, LLC can provide you with a personalized assessment concerning Recordkeeping or Personal Protective Equipment (PPE).

Please visit our website at www.pomsassoc.com or call us at 818-449-9300.