

Tips for coping with isolation and working from home

Working from home or in isolation may have its perks, but can also lead to increased risks to our wellbeing as AOD workers. The following are some ideas to safeguard your wellbeing:

- Regularly check in with your own wellbeing.
- Create a separation between work and life, whether this is with a timetable or in your physical space.
- Ensure you have a healthy routine including looking after your physical, social and emotional health. Make sure you schedule in breaks, physical activity, meals, technology-free time, and sleep.
- Stay connected with others socially and ensure you have a work-network. Regular peer or clinical supervision can help.
- Reach out for more support when required.

Managing your mental health at home Information about working from home during COVID-19

<https://youtu.be/CyAWnFfIKmU>

This video is from the Well Beings series created by NADA who partnered with the Black Dog Institute. Working from home for a long period of time can start to affect your mental health, like feeling isolated and troubles with switching off. Tips discussed from the video include setting schedules and settings to safeguard your work/life balance, ideas for self-care and further support.



Use the following links to find out more



Thrive at work: At home - Curtin University developed a range of videos to help you survive work from home.

<https://www.transformativeworkdesign.com/working-from-home>



Tips for working at home - Beyond blue has a range of ideas for improving your work from home and return to work anxiety.

<https://coronavirus.beyondblue.org.au/impacts-on-my-work/working-from-home>



Managing your mental health at home - Black Dog Institute's tip sheet for working from home.

https://www.blackdoginstitute.org.au/wp-content/uploads/2020/04/Black-Dog-Institute_Managing-your-mental-health-at-home_COVID-19.pdf?sfvrsn=8

References

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- 2.Beyond Blue. Finding a place inside that feels calm and safe. [cited 2021 15 Jul]. Available from: <https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/finding-a-place-inside-that-feels-calm-and-safe.html>.
- 3.Black Dog Institute. Working from home: A checklist to support your mental health. [cited 2021 15 Jul]. Available from: <https://www.blackdoginstitute.org.au/news/working-from-home-a-checklist-to-support-your-mental-health-during-coronavirus/>.
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- 6.Centre for Transformative Work Design. Thrive at Work at Home. [cited 2022 21 Feb]. Available from: <https://www.transformativeworkdesign.com/working-from-home>.
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Suggested citation:

Insight Centre for AOD Training and Workforce Development. Insight's Worker Wellbeing Tipsheets: Tips for coping with isolation and working from home. Available from: <https://insight.qld.edu.au/shop/worker-wellbeing-tips-for-coping-with-isolation-and-working-from-home>