Working Remotely – Working Well

Working remotely can be challenging – boundaries can blur; connection and communication can become more complex; focus and motivation can falter. However, working well while working remotely is perfectly possible. Here are our top tips to keep your 5 Pillars of Resilience firing on all cylinders!

**Our Energy Pillar** is all about how we fuel and refuel. Support this pillar by:

- Stocking up on healthy, nutritious snacks to keep you powered up all day long
- Taking short ‘refresher’ breaks away from your workspace, ideally outside to offer a change of scene
- Remembering sleep hygiene - keep your workspace separate from your bedroom... or at the very least, clear away tech and books once your day is done

**Our Future Focus Pillar** is about what we want and how we’re going to make it happen. Support this pillar by:

- Using your diary to schedule when you’ll work on your key priorities for each day... and when you’ll take breaks
- Forward-planning for future deadlines and scheduling online meetings/calls to support your workflow during this timeline
- Recognising that there may be some tasks which will simply need to wait until you’re back in the office

**Our Inner Drive Pillar** draws on our self-belief and motivation. Support this pillar by:

- Taking time each day to reflect on what you’re learning about new ways of working
- Focusing on how you can use your strengths to help you adapt to this changing landscape
- Noticing what’s going well and viewing any challenging aspects as an opportunity to learn new skills

**Our Flexible Thinking Pillar** centres on our ability to think laterally and creatively. Support this pillar by:

- Reaching out to colleagues and asking for their feedback or input into what you’re working on
- Asking others how they’re adapting to remote working and inviting suggestions for alternative approaches that you might try
- Moving your workspace to a window and inviting some blue-sky thinking!

**Our Strong Relationships Pillar** is about the give and take of connecting with others. Support this pillar by:

- Having open conversations with your team and colleagues about how you can pull together to make ‘remote working’ work
- Taking time to check in personally with each other, in addition to getting the job done
- Managing expectations of friends/family who might also live with you. When do you need to be head down and in the zone, and when are you free to chat?

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