



## Staying Connected While Telecommuting

### *5 Recommendations for Combatting Isolation*

#### Get dressed.

Sure, the unsold benefit of working from home is that you really wear whatever you want but psychologically, not wearing “real” clothes can affect your mind’s ability to shift into work mode. You’ll also be more likely to **step outside and some fresh air** (yes, you should be taking actual breaks!).

So make it a point every morning to shower and get dressed as if you were going to report at a real office. Being dressed will give you some mental motivation!

#### Create an actual office space in your home, as much as space allows.

If remote work is new or temporary for you, it’s likely that you’ve stuck your laptop on the dining room table or kitchen island. **But even small tweaks can help make your environment feel more like a workspace:** clear your line of sight from anything messy or overly cluttered; place a notebook and cup of pens right near your laptop; hang a new picture or pop a plant on the table for now.

Since you’ll likely be videoconferencing more than usual, **take extra care that the view behind you** is appropriate for business communication (no kids’ artwork on the fridge!).

#### Take care of yourself.

If you’re stuck in one place for an extended period of time, it’s easy to stop your regular health routines. During a difficult time, it’s important to focus on the basics, like making sure you’re getting **enough sleep, eating regularly** (and well), taking any **medications as prescribed**, and **exercising**. While you may not be able to hit the gym or go for long walks outside, you can at least walk around your home or do a few YouTube exercise videos to keep your body moving.

#### Maintain a sense of community

Find a telecommuting buddy and schedule a daily videoconferencing check-in. **Share ideas for daily “start of work/end of work” rituals** that you can both commit to doing that will help your brain shift in and out of work mode. Take little mental breaks together too; send them a new link to a 2-minute yoga stretch or even a funny cat picture for some levity!

#### Pay attention to the time.

You may need to be aware of time zones, but just as importantly, maintain a good work/life balance while working from home. Sometimes it helps to **set specific working hours**, or stay accountable with a spouse or roommate. You deserve a real life and mental break too!