

Staying healthy when WFH

90-minute webinar

When travelling to work only involves moving from one room to another, rather than a physical commute, it is easy to get out of the habit of proper exercise. Building healthy activity and routines into your day is key to productivity and both physical and mental health.

As well as providing examples of best practice, including a healthy work / life balance, this session will encourage people to share their experiences of health, fitness and general wellbeing when working from home.

Learning objectives

- Identify sustainable health goals
- Understand your motivators for implementing healthy habits
- Create a plan that provides good work / life balance

Webinar overview

- 1 Setting SMART health goals for remote working**
 - What's important for you in a healthy lifestyle?
 - Are your goals sustainable?
 - What might prevent you from achieving them?
- 2 Let's get physical**
 - Planning activity within your day
 - Taking physical breaks with a change of scenery
 - Simple exercise routines to boost energy and productivity
- 3 Mental health awareness**
 - Remote working can still be stressful
 - How stress can work for us too
 - Practising daily mindfulness
- 4 Planning for work / life balance**
 - Developing assertive behaviours
 - Saying 'No' without appearing awkward
 - Avoiding slipping back to old habits
- 5 Actions and next steps**
 - Review
 - Personal action planning
 - Next steps
- 6 Close**