

# 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!



Energy

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



Future Focus

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



Inner Drive

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



Flexible Thinking

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!



Strong Relationships

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?

**Wraw is a product from The Wellbeing Project (Europe) Ltd**

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