

Mental health while working from home

Social Connections

While staying at home is essential to curb the spread of COVID-19, prolonged isolation, especially the lack of social interactions, can have an impact on our emotions and mental health. Below are four simple tips to maintain a healthy social life while working from home.

1 Stay in touch with others

Humans are social beings. Staying connected with others induces positivity and helps you battle against loneliness.

Use virtual means to reach out to your loved ones and friends. Get creative and organize fun virtual events such as quiz night.



Ideas for virtual hangout

Online exercise together

Try a new recipe together

Movie date Dance battle

Online book club Karaoke

2 Being out when staying in

Give your home a refreshed look to trick your brain into thinking that you're in a different environment. You can start small with new or repurposed decorations. Consider adding natural elements to your home such as plants and water features.

Try recreating an experience of being at the office/being outside by turning on music or TV in the background.



Home DIY ideas

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House plant ideas

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3 Offer a helping hand

Create meaningful connections by offering a helping hand. By helping others, you improve your self-confidence, and generally feel more positive about the future.

Offer online trainings and tutorials in your area of expertise to other colleagues and friends. Or just simply checking on them frequently to make sure that they are doing well.

Consider participating in safe and credited volunteer activities.



Virtual Volunteer

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4 Online group activities

Look for online group activities that you can participate in, such as hobby clubs or learning groups. This is an effective way to get to know new people while staying at home. It also provides a sense of belonging that you are still connected to the outside world and are a part of a shared interest group.



While participating in such online activities, remain vigilant against potential scams and phishing attempts. Refrain from unnecessary sharing of your personal information with people you don't know well.

WHAT TO DO IF YOU ARE LIVING ALONE?

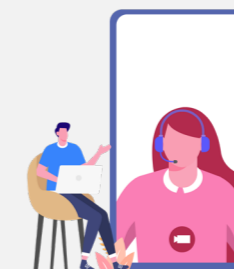
Individuals living alone are more likely to experience stress and anxiety from isolation. If you are part this population, below are simple tips on what you can do to maintain your mental health during this challenging time.

Treat yourself with care and respect



Your body and mind are your best companions during this time. Practice a daily care routine with nutritious meals and exercise. Establish healthy self disciplines such as "no binge watching TV" and stick to them.

Have someone to check on you



Ask someone you trust to check on you frequently to ensure that you are still maintaining your physical and mental health. This person will also help you clear any negative thoughts and also cheer you up when things are rough.

Be aware of virtual fatigue



Spending a lot of time on your devices can lead to social and physical exhaustion. Know your limits and unplug at the right time. Find an offline activity/hobby that you can practice frequently.

Stay positive and be kind to yourself. Reach out for help immediately if you are feeling unwell.