



ELLEN SHILLING XHALE.IE.

TIPS FOR WFH

- Ease yourself into your day: instead of reaching for your phone why not start with a stretch, some deep breaths and some gratitude first - name one or two things you're grateful for.
- Have a routine, write a list in the morning of all you wish to accomplish that day but be realistic and schedule in some off time. Most of all, be flexible with it, especially if there are children around.
- Create an intention, ask yourself: For the challenges that may or may not arise today: how do I wish to meet them? How do I want to be today? Is it focused, clear, productive or is it grateful, calm, centered or something else?

- Get some human interaction: Check in with a friend or family member every day.
- Walk or exercise without your phone. Spring has well and truly sprung so as you go tune into nature: look at the sights (& all the cherry blossoms!), hear the birds and smell the aromas of Spring. If you can't get out for a walk sit out on your balcony or in your garden and do the same
- Slow down - you have more time now so slow your pace down - typing, thinking, writing, doing
- Rest - it's ok. Put the feet up. We have to rest to balance out all the doing.
- Start a new hobby - gardening, drawing, baking, knitting. Get the creative juices flowing,
- Try and not bring the phone to bed. It disturbs the quality of our sleep and it's been known to contribute to anxiety levels!
- Have a gentle transition to bed time. Turn off the phone at least 1 hour before going to sleep.
- Do something nice for someone every day or every second day
- And the most importantly - practice mindfulness.

Mindfulness helps us to access a place of calm, presence and groundedness so that we can show up as our best selves.

Apps: include Headspace, Insight timer, Calm or I run a free mindfulness webinar every Monday at 8:30am

See: Www;Xhale.ie/events for more details.