

## GIVE

Give Yourself a break! Make the most of better food at home and listen to music whilst you work



## BE ACTIVE

Take regular breaks where you can stretch or jump around for a few minutes



## KEEP

## LEARNING

Working from home may seem strange, learn how to make the most of it

Connect

Learning Avenue

## CONNECT

Stay in touch with colleagues, workmates, friends and family

Take Notice Street

## TAKE NOTICE

How you're feeling both mentally and physically. Is your work station set up correctly? Is your workload manageable and appropriate?

