



Working in isolation...

Critical Workers are likely to have different pressures put on them, as they are required to work and potentially live in isolation, with only a few other co-workers. We are able to learn from people who frequently operate in isolation about what works and makes a difference to their mental health and their ability to work productively. Here are a few of their ideas:

Mindfulness

Find activities that help you keep perspective. Mindfulness, including breathing exercises, being present (just focusing on what you need to do in the next hour or day), meditation, reflection and limiting the amount of news you consume are all excellent ways to reduce stress and keep negativity in perspective.

Set new rituals and routines

Get into a rhythm as soon as possible, within your 'new normal'. Use routines and rituals to structure and pace your day, and to deliberately shift your mindset and emotional state. What are the things that you can control and are part of your usual routine that you can bring into a new daily routine? What will help you get into and out of work mode? An energising ritual like a brisk walk or online work-out might be a great start to your day and then try something more calming/grounding to finish the day.

Coping with monotony

It is easy for boredom and monotony to creep in when your role shrinks to a few critical tasks. How can you add creativity and variety to your day? Try learning something new or finding different ways to complete the same tasks.

Communication

Communication is vitally important when working in isolation, not just for your own mood and well-being, but also for your family's. It's important to consider how, when and what with others. For your family, setting some clear expectations around how often you'll be able to call them, when you can and can't talk are important things to consider.

TAKING ACTION:

Discuss

- What routines will be helpful to get through this time?
- What strategies will I put in place to prevent boredom?
- How and when will I communicate with family and friends?

Read/ Watch:

<https://umbrella.org.nz/give-yourself-a-break-practising-self-compassion-during-isolation/>

If you'd like to learn more you can register for Winsborough's **Working in isolation** virtual workshop (one-hour) which provides practical tips and tools, to help you sustain yourself and support others.