



Working in isolation...

VIRTUAL WORKSHOP

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.

The Winsborough team can help you to be the best “you” that you can be ‘at work’. With more than 20 years’ experience in the industrial-organisational psychology industry our team have both practical experience and scientific theory to support you in managing yourself and your work at home.

TIPS and TOOLS

- Practice mindfulness and positivity
- Set new rituals and routines
- Try something new. What gives you joy?
- Include daily exercise
- Develop communication expectations

“...the facilitator could really relate to what it’s like to be isolated for periods of time. She gave me some great practical tips for how I can make this time work well both for myself and my family.”

- Essential Worker



Sustaining yourself, work and family life 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.

Contact your Winsborough Account Manager or call 0800 222 061 or email support@winsborough.co.nz to REGISTER NOW.