



COVID-19 Pulse Staff Focus Groups

Health & Wellbeing Tips



Staff Suggestions...



Taking Regular Breaks:

Whether working on the *frontline* or *from home*, staff emphasised..

- Keeping to a **routine** and setting healthy **boundaries** with work
- Getting away from your workspace during your break e.g. exercise, move to a different room, take a moment to yourself.

If working from home, staff recommended...

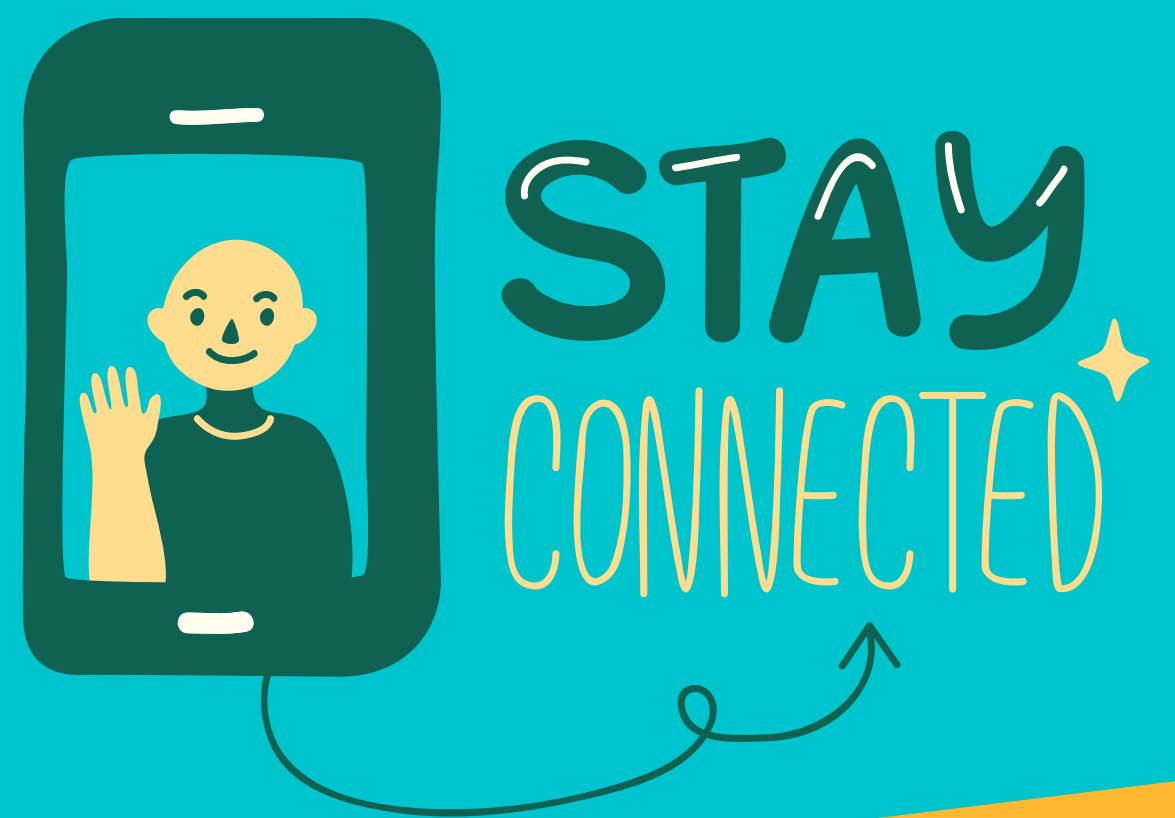
- **Sticking to your usual breaks.**
- Having a dedicate workspace that's away from your living area.

Staying Connected with Colleagues:

Staff acknowledged the importance of keeping in **regular contact** with colleagues both:

- formally, ensuring you are kept **up to speed** on all important projects
- informally, by having **virtual morning coffee catch ups with the whole team**, or **socially distanced conversations with colleagues in the workplace.**

<https://healthservice.hse.ie/staff/coronavirus/working-from-home/setting-up-your-work-space-at-home.html>



Keeping Active and Eating Healthy:

- If sitting at a desk for a long period, **look for reasons to stand up and move** e.g. walk while you are on the phone.
- **Set a timer/use smartphone apps** that will remind you to get up and move for a few minutes every hour.
- **Stick to a daily routine** that includes your regular exercise.
- Staff also recognised the importance of **eating a balanced diet and staying hydrated** throughout the day.

<https://www.hse.ie/eng/about/who/healthwellbeing/healthy-ireland/national-policy-priority-programmes/ihf-hse-wellehome.pdf>

