



A road map to an enriching Work from Home life

Maintaining a daily routine is one of the most important things you can do to stay focused and remain mentally healthy.



If stressed, reach out!

Speak with your trusted friends or family members or mental health helplines on the phone



Fix appropriate work hours with your supervisor, allocate time for family, for personal well being and for leisure. Don't let these times overlap and don't let your work consume you.

Set up a space for work at home, with all the things you need, ideally in a separate space (if a separate room is not feasible), away from distractions and away from where you relax. Do not work from bed.



Ensure adequate sleep - wake up and sleep at the same time every day. Try to sleep before midnight every day, and wake up with the sunrise.

Do not be a night owl. The day is yours!

Choose a reliable network service provider for smooth internet or phone services to make your work easy. Don't get stressed out if you have poor connectivity in your area. Net speed is not in your hands.



Planning a workable routine is in our control



Let's do it today!



Divide home chores amongst all the family members to keep everyone engaged as well as have enough time for their own personal and professional work.