

Lack of meaningful connection

Communicating more over email means a loss of body language and tone – remember the famous statistic ‘only 7% of communication is verbal, 93% is visual (body language) and vocal (tone)’? If the majority of connection is text based it’s easy to misinterpret tone, often in a negative way, or to feel disconnected.

If you notice you’re ‘mind reading’ by assuming you know what others are thinking, ask yourself, what’s the evidence for this? Remember, this is your interpretation and not necessarily what they meant.

If you’re feeling disconnected, how could you build regular phone or video calls into your communication? Chances are other people are feeling just the same!

Lack of distinction between work and home

There can be many benefits of working from home, but one downside is that there is no distinction between work and home life without the switch off time a commute would normally offer.

A useful technique to combat this is finding a transition between work and home. For example, a 5-minute walk around the block at the start and end of your work day, or getting dressed in your work clothes and changing as soon as you finish for the day.

It doesn’t need to be anything big, just something you can easily get into the habit of doing to signal to your brain that it’s no longer work time.

Reflect

Any dramatic change in circumstances can jolt us into taking a hard look at our lives and while we have the chance to redesign our day to day living, it’s the perfect time to reflect.

What have you learnt over the past couple of months? What are the parts of lockdown you’d like to keep? And how can you build these into your routine?

Accept

The world is in such an unusual situation because nobody knows how things will be in the next few months. Accepting that everybody is doing their best to find the way forward can go a long way in reducing frustration with ourselves, our work and work colleagues, family and wider community.

Maybe you haven’t got ripped/been extra productive at work/redecorated/ticked every possible thing off the to do list – so what? You’ve got to this point! If the other things are important, make a plan to get them done and if not, just let them go.