



LET WFH = **WAKE UP FEELING HAPPY** AND HBL = HAVE A BALANCED LIFESTYLE

Working from home is not just about doing the work, it requires you to play multiple roles in a day. We understand how you feel, so read on for tips on how to Wake up Feeling Happy!

1.



Have a routine

Draw up a routine together with your children, and agree on a time to play and a time to work.

2.



Let go of perfectionism

Accept that things are not going to be perfect all the time – increased screen time or interrupted conference calls are bound to happen. Cut yourself some slack, and know that what you are doing is good enough!

3.



Include me-time in your routine

Agree on “me-time” with your spouse and children. Keep connected with your friends through video calls or indulge in your favourite activity. It may seem difficult to find the time but taking a breather is important for this marathon.

4.



Pause and take a deep breath

Did you know taking deep breaths can help you to de-stress? Take a deep breath in and breathe out slowly for five counts each before you lose your temper. Don't let your emotion turn into regrettable action.

5.



Celebrate small successes

Give your family a hug for getting through another day, celebrate when your child picks up after himself/herself. Acknowledge small milestones, practice gratitude and you will find yourself much happier!

Remember, you are not in this alone

