

# Working from home:

How to make it work for you and the climate



Working from home was forced upon most of us during the pandemic. Whether you enjoyed spending more time with your family or working in the comfort of your slippers, there were also many reported benefits to the environment. From the goats who roamed the streets of a Welsh town to the Venetian canals running clear, the world seemed to flourish as we were stuck inside.

And now whilst some normality is returning, there are many of us still working from home. With this way of working, slowly becoming more and more normal, we wanted to share our tips of how you can continue to work at home whilst looking after your wellbeing and the environment.

### Unplug as much as possible

Did you know that all electronic devices use energy when they are plugged in, even if they aren't being used? Well the same also goes for you. Eating your lunch at your desk or leaving your laptop on standby overnight means you aren't completely logging off. Doing this over long periods of time can lead to burnouts and poor wellbeing.

Wellbeing Tip – Make sure you enjoy your lunch away from your desk. Sitting somewhere else gives you that mental break to relax and reset, allowing you to feel motivated for the afternoon ahead.

Environment Tip – You can reduce your impact on the environment by unplugging all electronic devices you aren't using, such as the kettle, toaster and washing machine. Doing this should also see some savings on your energy bills!

### Embrace the hygge trend

As the weather changes, now is the perfect opportunity to try the Danish hygge trend. Focusing on that cosy feeling whilst enjoying the simple things in life is one of the reasons Denmark is ranked as one of the happiest countries in the world, even with its famous winters.

Wellbeing Tip – Make like the Danes and use your Zoom camera angle to your advantage, hide your comfy clothes, slippers and blankets. Light a candle when you know you have a long day of meetings or deadlines ahead and enjoy hot drinks and comfort food.

Environment Tip – Wrap up warm and review your heating temperature and schedule. For every 1 degree reduction, you can save up to 8% on your heating bill.

## Does this spark joy?

Just like the office, clutter and rubbish at home can provide distractions and can go as far as bringing your mood down. Clutter has been proven to raise the levels of the stress hormone; cortisol. Decluttering your workspace will help you de-stress and bring you a sense of calm from knowing where everything is. Plus, open space is also visually calming for your brain

Wellbeing Tip – Think like Marie Kondo and ask yourself ‘does this spark joy?’ If the answer is no, get rid and enjoy a more decluttered environment.

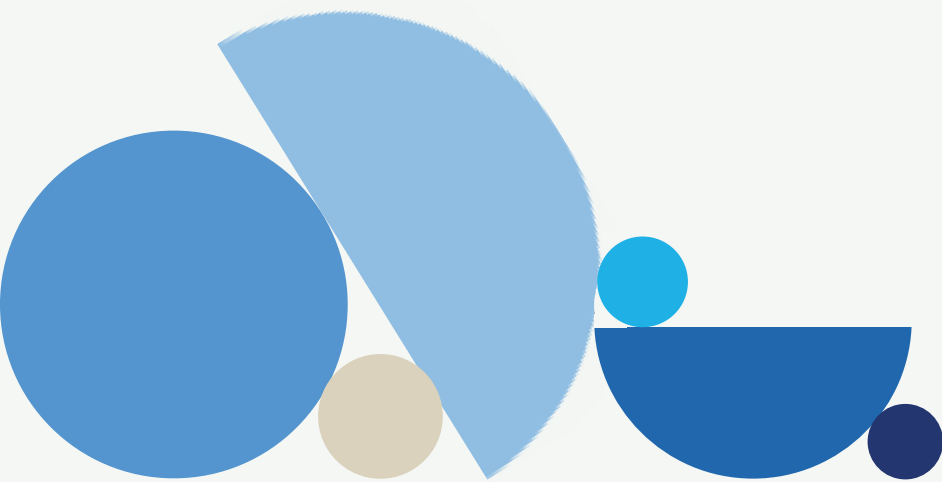
Environment Tip – When getting rid of your unwanted clutter and rubbish, think about whether it can be recycled or reused first. Visit your local council’s website for a full list of what can be recycled in your area or donate all used clothes / items to local charity shops instead of adding to landfill.

## Meat free Mondays

Starting back in 2009, the legend Paul McCartney is trying to change the world one Monday at a time. By pledging not to eat meat on one day a week, you can help to slow climate change by limiting one of the top contributors to greenhouse gas emissions, conserve natural resources and improve your own health.

Wellbeing Tip – Going meat free for one day a week is a simple step to improve your overall health and wellbeing. For inspiration and a wealth of tasty and vibrant plant based recipes, click [here](#).

Environment Tip – To further your efforts, shop from local providers as the produce would have travelled less miles and will most likely be fresher.



## Consider a staycation

With all the travel restrictions and forced quarantining policies currently in place, it might be tempting to use your annual leave for all those chores you never get around to doing or to simply not use your annual leave at all. However, more now than ever, you need those days off and to have a complete break from work and everyday life.

Wellbeing Tip – Save your money and book a staycation. If possible, explore and stay somewhere away from your home to give you that break you deserve.

Environment Tip – By choosing a staycation, you are eliminating the biggest contributor to your carbon footprint. Choosing cars and public transport over planes will dramatically decrease your emissions, plus by choosing a staycation, you are supporting your local economy.

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