

NICSSA's Top Tips for Working at Home



- Get Up at a reasonable time
- Make your Bed
- Have Breakfast and Try and Get Some Time Outside
- Set Up your Workstation
- Make a To Do List
- Keep Hydrated
- Take Breaks and Keep in Contact with your Colleagues
- Clear Away your WorkStation at the End of Your Working Day
- Get Out for a Walk
- Enjoy a Good Dinner
- Relax in the Evenings

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