



MY CHANGING RELATIONSHIP WITH WORK

SETTING UP WORK AT HOME

Some questions to ask yourself when setting up at home for your work:

- What do I need to continue to do at home that I would do at work?
- What will support me to do this?
- What do I need to do differently because of environmental factors as well as physical, mental and emotional wellbeing factors?
- What will support me to do this?
- Who needs to know this about my arrangements and what do I need from others?

MY RELATIONSHIP WITH WORK — WORKING FROM HOME

WHAT IS STAYING THE SAME?

- Staying connected to our pupils and to our colleagues
- Preparing and teaching high quality learning experiences
- Having a clear purpose and direction in what we are doing and having a clear sense of making a difference to our children and young people's lives
- Keeping to a routine – But please beware of habits from work: What serves me? What does not?

WHAT HAS CHANGED?

- We are not physically present to our pupils and colleagues
- We can therefore feel unsure as to whether or not we are making the difference to all our pupils or indeed as to whether or not they are safe and secure.
- Our own motivation levels and attention levels can fluctuate with other demands in our respective homes e.g. looking after our own children and families, distractions, etc.
- Increased anxiety – not knowing the full impact on children and young people and their families as the crisis unfolds; sense of disconnect from their reality. (See Separate Resource on Anxiety)



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DEALING WITH WHAT HAS CHANGED:

- In not being physically present, how can I reach out or let my pupils know that I am thinking of them and that I want to stay in contact? What are my options? Online presence? Writing a card to each pupil regularly? What is possible?
- Checking in with the families – can I call/text/email regularly to check in with the family and their child/children? What will support them and me at this time? What is the purpose of any communication like this? How do I ensure that they know I am focused on their welfare and not simply learning?

OWN ROUTINE AND BOUNDARIES

1. Setting up a clear timetable with balance of work, rest, relaxation, exercise and connection with others.

You WILL NOT be able to work in exactly the same way as you normally do.

Your expectations are crucial to your success, so keep these realistic.

In the first week at home, four - five hours a day of work might be manageable and sustainable; then you can build up or maintain this as you see necessary. The main goal is to get into some kind of rhythm which can then carry momentum as the weeks unfold.

2. Boundaries

When are these hours of work to be done? Where are these to be done?

Who else needs to know this?

Be clear with yourself and with others in your house or with your line manager as to what is possible at home, if this supports your wellbeing. Be clear with others about what you need to achieve your work goals every day – alone-time, support, a space in the house etc.

This is not a normal set of circumstances. These are not normal working days and times.

Be gentle with yourself every day and do what you can.

Reduce frustration some days by “giving up” and starting again the next day or in the next part of the day. Be flexible with how you need to work and live.