



MIND have also given some examples of what we need to be mindful of, for our employees who work from home.

Issues	Solution
Having an “Always on Culture”	Offer support Have boundaries for the working day: when does it start and when has it ended?

Checking in with your team.

Mental Wellbeing Support for your Team whilst Working Remotely

Ask them:

How are you?

Do we all know what we are aiming for this week?

