

Maximise your quality of sleep

There are two great things you can do for yourself at this time – get enough sleep and practise mindfulness. Keep focused, calm and maintain a healthy balance between your work and personal time at home.

Increase mindfulness



Focus on your breathing – inhale deeply, exhale slowly

Speak one positive thing about yourself at this point in time



Focus on one routine at a time



Close your eyes and visualise one thing you are grateful for right now

Catch yourself when your mind wanders and gently bring it back into focus



Sleep better



Stop using gadgets an hour before bed



Have a cool, dark and quiet sleep environment



Limit the news you read, especially when it's close to your bedtime

Stick to a schedule for your work and personal time



Do some mild stretching at least thirty minutes before bedtime



Sources:

<https://psychcentral.com/blog/7-easy-ways-to-be-mindful-every-day/>

<https://www.healthline.com/health-news/how-to-get-better-sleep-during-the-covid-19-outbreak>

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