Shirking Working from home
# Your health
Exercise and stretch
Fix your posture
Price: £13.49 <sup>prime</sup>

Pay £13.49 £0.00: get a £20 Amazon Gift Card on approval for the Amazon Platinum Mastercard. Terms apply.

Dispatched from and sold by Amazon.

Note: This item is eligible for click and collect. Details

New & Used (5) from £11.87 <sup>prime</sup> FREE Delivery <sup>prime</sup>

Size Name: **Single Pack**

- 6 Pack
- **Single Pack**

Colour Name: **Silver**
Stand?
NORBO
Wall-mounted drop-leaf table, birch, 79x59 cm
£35

Quantity

Add to shopping bag

Add to shopping list

Available for delivery

Check at your local store
Drink plenty of water
#Communicating
Over communicate
What do I mean?

You need to make more of an effort than normal.

It's hard to build a relationship by email alone.

Check how others are coping.

Ask others for their communications preferences.
Mute your audio
Avoid novelty backgrounds
Lesbian Disaster @...
Zoom lets you set custom backgrounds and I have a green screen and green shirt so my coworkers have to deal with my shit for the next 2 months
pic.twitter.com/UpOha2qE8s
Children and pets popping up is going to happen. Live with it.
# Productivity
Find a routine which works for you
Schedule, and take breaks
Decide when your working day ends. Then stop.
Keep personal stuff personal
decoded.legal

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