

Wellbeing Resources from 17th April E-Bulletin

Homeworking Health Check

For many of us working from home is the new reality, and one that we may have started with little preparation!

These helpful advice sheets from Nuffield Health provide practical advice about maintaining good health whilst working from home.

- [Dealing with eye strain and headaches whilst working from home during self-isolation.](#)
- [Helping you prevent aches and pains when working from home](#)