Being home based can be psychologically tough for first timers.

I have been home based for over 20 years so having to work from home because of #Covid-19 #Coronavirus is really no hardship for me. However, if homeworking is new to you, there are three things that I would suggest that might help make it easier on yourself:

- If you can, ideally work in a room where you can shut the door and keep clear of whatever else might be going on at home. That could even be a garden shed if it has everything you need (e.g. heat, power, Internet etc.). If making conference calls is part of your routine then you really need to avoid situations like this: https://www.youtube.com/watch?v=zC9GYxrBZ2Q

- I use the pomodoro technique (aka the Tomato Timer https://tomato-timer.com/) to manage my work intervals. So, I opt to work for 25 minutes slots then take a short break usually around 5 minutes. During the break I might make a coffee, do some exercises or perhaps sit in the garden if it is a nice day. I break for lunch and would usually take a walk. This helps me to keep my mind fresh throughout the day. Find what works for you.

- I will often listen to music but nothing intrusive. Many years ago I was working in Rome for the Italian Ministry of Finance (Dipartimento del Tesoro) and endeavouring to improve my Italian during my spare time. The method I used involved listening to the language lessons that were accompanied by music (Vivaldi's Four Seasons). This was amazingly successful for me. So when I can I tend to work with background classical adagio music. In fact as I write this blog article, I am listening to Pachelbel's Cannon – one of my all-time favourites.

Hope this helps.

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