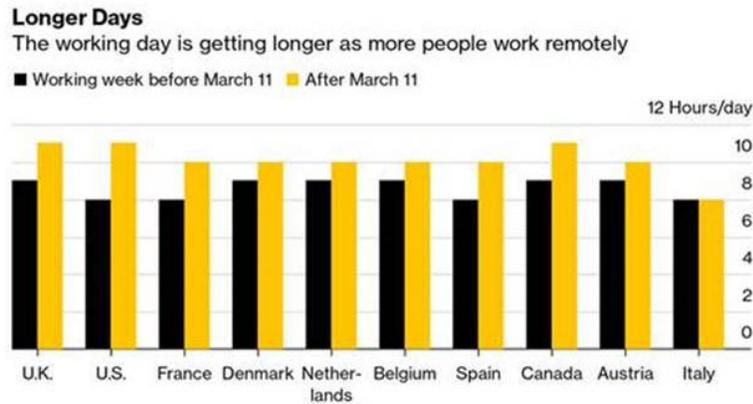




Dear Colleagues,

I wanted to thank everyone who took part in our April Stress Awareness month webinars. All the webinar replays, slides & resources will be posted w/c 4th May on our [Mental Health webpage](#).

We have come to the end of another month of working remotely and practising social distancing. We continue to see the lines between work and non-work blurring and, in some cases, struggle to preserve the healthy boundaries between our professional and personal lives. This research shows the impact that working remotely is having on our working day:



Source: NordVPN

Bloomberg

But drawing lines between our professional and personal lives is crucial, especially for our mental health. Here are some tips to help you:

- **Set appointments on your calendar for the end of the day** to get yourself out of your home office e.g. to go for a walk or play a board game with the kids.
- **Similarly, set up reminders to take breaks in your working day** e.g. with a recurring daily to-do list to take a walk. Timing your day with [the Pomodoro technique](#) can help.
- **Be clear with your team on when you're leaving for the day**—e.g. by making a quick announcement in Teams or Slack—and then actually shut down your computer.
- **Create physical boundaries between you and your workspace.** The best thing is if you have a dedicated office space so you can shut the office door—or even lock it.
- **Turn off notifications** on your phone and computer so you're not pulled back into work after hours;

and most importantly....

- **Take some holiday** ...even though you can't go away right now, it's essential to your well-being and health that you take a break and stop thinking about work for a few days and get away from all those Zoom meetings!!! Once you have agreed some time off with your manager, here are some [tips](#) on how to spend your "staycation".

Click on the photo below to listen to how I've been spending my non-working time at home:



To find out more about the support that VMware NEMEA provides to our employees around mental health visit our [Mental Health webpage](#) which contains lots of helpful resources and the contact details of all our trained Mental Health First Aiders.

Joe Baguley
EMEA Vice President & CTO

Contact our NEMEA Mental Health First Aid team directly and in confidence:
mentalhealth@vmware.com

vmware®

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