

# Coping with studying or working from home



**LINCOLN**  
UNIVERSITY  
TE WHARE WĀNAKA O AORAKI

**Studying or working from home when it's not your choice can be difficult emotionally and physically. You may find extra demands on your time as you balance your needs with those of your friends, whānau and colleagues.**

## Common reactions

- Working from home guilt
- Difficulty maintaining balance between work and home
- Feeling good and enjoying working from home
- Enjoying the time with your whānau and pets
- Frustration and anger
- Overwhelming desire to socialise
- Being snappy or irritable
- Feeling helpless or isolated
- Difficulty staying focussed
- Overexposure to media
- Increased junk food or alcohol intake
- Social withdrawal
- Feeling envious or resentful
- Overwhelming sense of responsibility
- Reduced physical activity
- Bad workstation posture, increased pain



**Here are some tips to help you work or study from home so that it's a positive experience and promotes your wellbeing.**



**LINCOLN**  
UNIVERSITY  
TE WHARE WĀNAKA O AORAKI

## Tips to cope when studying or working from home

### **Spend time with your whānau.**

It's okay to spend time caring for your family and during the noho rāhui (lockdown) your family needs you the most.

### **Schedule streaming times.**

If you have a full household and your bandwidth is struggling, plan a schedule that allows everyone some reliable streaming time.

### **Share your work hours.**

Inform the people you collaborate with if you're working flexible hours.

### **Arrange a daily check-in with friends.**

Use video when you can so that you feel more socially connected.

### **Remember the positives.**

Staying at home has advantages like less commute time, less money spent on coffees and snacks, and time to restore your work/life balance.

### **Close the door on work.**

If possible, use a room where you can close the door at the end of each day to switch off from work or study. If you can't do this, pack your laptop away or throw a sheet over your workstation.

### **Keep active.**

Try to be as active as you would normally and spend time outside. It will help improve your mood, especially if you take the chance to connect with nature.

### **Share your situation.**

Make sure mates and colleagues know of your at-home realities like caring for dependents or bad internet.

**Use technology** like the email 'out of office', calendar or Skype 'location' features, so others know when you are and aren't available.

### **Be kind to yourself and others.**

Remember, everyone is dealing with unique challenges and we all cope differently. Be patient with others and with yourself.

### **Avoid long periods on digital screens.**

When possible, avoid spending more than two hours at a time at your computer. Try an app like Stretchly for reminders to take scheduled breaks.

### **Get IT help.**

If you are struggling with your at-home technology (hardware or internet) be sure to ask IT for guidance. Their solutions can increase productivity and reduce frustrations.

### **Maintain voice or video contact with your superiors.**

Whether this is your lecturer, manager or supervisor having a conversation helps you both to connect at a level that online messaging or emails don't provide.

### **Use netiquette.**

When everything switches to online and our emotions are heightened it is easy for messages to be misinterpreted. Double-check messages before sending and if you think you have been misunderstood, arrange a voice call.

### **Connect with the likeminded.**

Share coping tips with others in the same situation, like parents or flatties.

### **Take some me time.**

If you are managing work, study and a household it is important you get time to yourself. Taking time for self-care is good for your wellbeing and those around you.



## Support contacts

### **Emergencies**

If you or someone else is at serious risk of harm

Call Emergency Services P: 111

### **Campus Security**

P: 0800 545 388

### **National contacts:**

#### **For mental health concerns 24/7**

Free call or text 1737

### **Healthline**

P: 0800 358 5453

### **Diversity Counselling NZ**

E: [contact@dcnz.net](mailto:contact@dcnz.net)

### **Women's Centre free counselling**

E: [support@womenscentre.co.nz](mailto:support@womenscentre.co.nz)

### **Students:**

#### **Student Health**

P: 03 325 3835

#### **Wellbeing Advisors**

E: [wellbeing.support@lincoln.ac.nz](mailto:wellbeing.support@lincoln.ac.nz)

#### **Inclusive Education**

E: [inclusive@lincoln.ac.nz](mailto:inclusive@lincoln.ac.nz)

#### **International Student Advisors**

E: [internationaladvisors@lincoln.ac.nz](mailto:internationaladvisors@lincoln.ac.nz)

#### **Te Manutaki, Māori and Pasifika Support**

E: [ompd@lincoln.ac.nz](mailto:ompd@lincoln.ac.nz)

#### **LUSA Student Advocacy**

E: [students@lusa.org.nz](mailto:students@lusa.org.nz)

### **Faculty and staff:**

#### **Employment Assistance Programme**

P: 0800 327 669

### **SAFELU App**

Download **SAFELU** for easy access to support contacts