

## Work from Home Mental Health Worksheet

1. Reflect on your current work-from-home situation and how it affects your mental health. What aspects of working from home do you find most challenging? (e.g., isolation, distractions, work-life balance)

---

---

---

---

2. How do these challenges impact your mood, stress levels, and overall well-being?

---

---

---

---

3. What are the main sources of stress in your current work-from-home setup? (e.g., workload, lack of social interaction, technical issues)

---

---

---

4. Evaluate your workspace and make necessary adjustments to improve comfort and productivity. Is your workspace ergonomically friendly? (e.g., chair, desk, monitor height)

---

---

5. What changes can you make to reduce physical discomfort and enhance focus?

---

---

---

---

6. Establish clear boundaries between work and personal life. What specific actions can you take to create a clear separation between work time and personal time? (e.g., designated workspace, set work hours)

---

---

---

---

7. Implement time management strategies to stay organized and reduce stress. How can you structure your day to balance work tasks and breaks? (e.g., time blocking, Pomodoro Technique)

---

---

---

---

8. Plan regular breaks to rest and recharge. How often will you take breaks, and what activities will help you relax? (e.g., short walks, stretching, mindfulness exercises)

---

---

---

9. Find ways to stay connected with colleagues and friends. What methods can you use to maintain social interactions and support networks? (e.g., virtual meetings, online chats, phone calls)

---

---

---

---

10. Identify and practice stress management techniques. What techniques can help you manage stress and maintain emotional balance? (e.g., deep breathing, meditation, exercise)

---

---

---

---

11. Regularly check in with yourself to monitor your emotional well-being. How are you feeling today? What emotions are you experiencing? What can you do to address any negative feelings?

---

---

---

---

---

---

---

---

---

---