



## **Tips for being considerate to your family and colleagues when working from home**

**Balance work  
and  
family needs**

**Explore  
flexibility in  
delivering  
work**

**Have social  
time with  
colleagues**

**Take pressure  
off yourself  
and others**

**Appreciate  
different  
challenges**

**Remember to  
"leave work" to  
connect at home**

**Prevent loneliness**  
**Visit [loneliness.org.nz](https://loneliness.org.nz)**

