



Tip sheet

Working away from home during COVID-19

For many of us, working for a resources company means we are often working away from home. For some, working away from home for an extended time can put pressure on relationships and family life. COVID-19 brings added challenges for colleagues working away from home and their families. This includes extended rosters, travel restrictions and quarantining requirements, and concern about the spread of the virus.

It's completely normal to feel overwhelmed by the challenges of the pandemic, as well as adapting to changes implemented in the workplace or accommodations to manage risks of COVID-19. Remember the measures are only temporary to slow the spread of the virus, and are important to protect the health and safety of those around us, especially in the communities where we operate.

Below are some tips to support your wellbeing while working away from home.

Stay connected	<ul style="list-style-type: none">• Talking often on the phone to your loved ones and friends, use video calls. Where possible, agree on a set time to call each day.• Stay connected with your colleagues who are also working away from home. If possible, create a WhatsApp group so others can stay connected as well.• Set daily challenges with family or friends. For example, a creative pursuit, a mindful practice or a quiz. Be creative!
Look after your wellbeing	<ul style="list-style-type: none">• Get enough sleep, eat well and exercise if possible (go for a walk or run or take up virtual exercise classes).• Meditation is also a great way to relax and take your mind of stress and worries. There are free apps available to help you do this at a time that suits such as HeadSpace and Smiling Mind.• Read a book or take on a new hobby that you can easily do while being away from home.
Supporting loved ones	<ul style="list-style-type: none">• If family members are nervous or concerned, explain measures that are in place in the workplace to reduce risk of spread.• Direct loved ones to reputable sources such as World Health Organisation (WHO) website.• Remind them why you are away so you can stay positive and not dwell on being away from home.• Encourage them to stay connected with their friends, families or support network while you are away.• If they are stressed or have difficulty coping, encourage them to seek support such as the Employee Assistance Program, available through the wellbeing page on bhp.com.



Useful resources

- The wellbeing page on bhp.com ([English](#) | [Spanish](#)) provides support on a range of valuable mental health and wellbeing information for work and life, including a range of tools, tips and coping mechanisms for common conditions.
- These materials also include a COVID-19 personal action plan to help you acknowledge how you feel, and get you thinking about your own wellbeing.

Seek support

- Seek support if you feel like your feelings are interfering with your ability to work, relationships or ability to manage day-to-day tasks.
- Remember, our [Employee Assistance Program](#) provides free, confidential, 24/7 counselling service. This service is also available for immediate family members.