Many people are now learning or working from home. What strategies are you using to help during this time? [1]

- Setting up a separate work space: 2% (5 votes)
- Keeping defined hours for work: 3% (10 votes)
- Taking breaks when needed: 6% (20 votes)
- Getting outdoors (away from others!): 10% (33 votes)
- Keeping in touch with others virtually: 5% (16 votes)
- More than one of these: 69% (219 votes)
- Other strategies: 4% (13 votes)

Total votes: 316
Go Ask Alice! is not an emergency or instant response service.

If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

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Links