

autism west midlands

Wendy

autistic and working from home



"I am autistic and work for Autism West Midlands"

How have you maintained a work life balance?

"I don't think I have ever had a work life balance. I think my work life balance has improved as a result of lockdown. **I am making sure that I get a good dose of daily exercise during the day which is helping my mental health.** I am talking to colleagues on Teams rather than face to face which gives me a bit of social stuff."

How has Autism West Midlands helped and supported you during this time?

"The Shropshire team know I live on my own and don't really do friends outside of work. **They talk to me on Teams, whilst it is often about work I think they are also making sure that I am okay which I really appreciate.**"

How have you adapted to working at home during lockdown?

"My kitchen table is my new office desk. Instead of face to face training and advice, **I now do webinars, Teams and Zoom.** I have changed my work pattern from 4 days a week to 5 days a week with a long lunch time. **I wear comfy clothing.** I make sure I get out at lunch time for a good walk in daylight."

What advice or tips would you like to share with any other people in a similar situation?

"**Accept that you can't change the pandemic and lockdown situation.** Make sure you get some daily exercise. Try and stick to a routine. **Don't be afraid to change your routine and create a new one when the old one is no longer working.** Go to bed at a normal time."

What are the difficulties you have encountered?

"I live on my own and don't really socialize so I have missed having some socialization with three dimensional people from work. Two dimensional people on screens is not the same! **Anxiety over learning how to set up and deliver webinar training. This is something I had to cut through and have come out the other side. I'm now enjoying setting up and delivering webinars.** Anxiety over learning how to use Teams and Zoom. Again this is something I had to cut through and am now fairly competent in using these to communicate with people."

What positives have you encountered?

"I am getting more fresh air and exercise. **I managed to grow courgettes and tomatoes for the first time over the summer.**"