### **Working from home**

While some people might enjoy working from home, it can be a struggle for others. Below you can find some information on how to organize your work from home in a manageable way.

* Make up and follow your own routine: there is no one right way to do it, but it is important to have a structure to your day. Try to wake up at the same time and prepare for your work day the same you would if you were going to the office. Some people even choose to dress as if they were going to work.
* Set up your work station: even if you do not have much space at home, it is important to have a place dedicated solely to your work.
* Take advantage of technology by using communication and task management tools. Here are some of these useful tools: [Facebook Messenger](https://www.facebook.com/messenger/), [Facetime,](https://support.apple.com/nl-be/HT204380) [Google Hangouts](https://hangouts.google.com/), [Microsoft Teams](https://products.office.com/nl-be/microsoft-teams/group-chat-software), [Slack](https://slack.com/intl/en-be/?eu_nc=1), [Signal](https://signal.org/), [Skype](https://www.skype.com/nl/), [WhatsApp](https://www.whatsapp.com/?lang=nl), [Whereby](https://whereby.com/), [Zoom](https://zoom.us/), [Jitsimeet](https://jitsi.org/jitsi-meet/), [Asana](https://asana.com/), [Monday](https://monday.com/), [Trello](https://trello.com/).
* P**rofessional video calling tools specifically for social work, social work or (mental) health care:**
* [Advelox](https://www.advelox.com/caregivers/) - focus on medical care - free for the next 6 months.
* [Facetalk](https://facetalk.nl/) - paid but free test account - for calls by appointment only
* [Kara Connect](https://karaconnect.com/en/) - easily accessible system tailored to healthcare professionals
* [Mobilea](https://www.mobilea.nl/) - video calling, a broader online care system is available
* [Talk box](https://www.praatbox.be/) - free - specifically for elderly care
* [Siilo](https://www.siilo.com/nl/start-met-siilo) - with a focus on medical care
* [Therapieland](https://therapieland.nl/nieuws/beeldbellen-via-therapieland-gratis-beschikbaar/) provides a new image bubble offering within their online mental health offering
* [Webcam consultation](https://webcamconsult.com/nl/) (free trial account) - for conversations by appointment and with open video
* More tools: <https://www.onlinehulp-vlaanderen.be/online-in-coronacrisis/>