

Parliamentary Digital Service

Guiding principles during Covid-19

Our physical, mental and emotional health is the most important thing right now.

When working remotely during this time, we are not 'working from home', we are 'at home, during a crisis, trying to work as best we can'.

We will be mindful that a small but crucial number of us are still working on the Estate some days and may experience different anxieties and pressures to those working remotely.

We will be kind to ourselves and not judge how we are coping based on how others are coping.

We will be kind to others and not judge how they are coping based on how we are coping.

We will be mindful that some of us are working long hours to keep Parliament functioning.

We will look out for our team members and colleagues, taking the time to find out how they're doing, but also give breathing space to those that need it.

We will pace ourselves, ask for help when we need it, and offer to help proactively.

We will be clear about what we need and why, and what we can and cannot commit to.

We should not be compensating for any lost productivity by working longer hours for sustained periods.

The way we measure our individual and team successes may need to evolve in this changing situation. We will work out together what that means for us.

Making time to chat about things not directly related to work is important.

These principles are a starting point and we would love to have your feedback. [Let us know what you think.](#)