Work from Home Stress

During these times, it is normal to feel anxious and stressed about your schedule being thrown off due to remote working now. However, letting that anxiety and stress build up will only make things worse for you as you navigate these times. Below are some tips for how to maintain your mental health as you figure out your new work from home schedule.

Keep a Schedule

Even though we are not able to leave the house and go about our regular schedule anymore, keeping a schedule still can help you to reduce any stress or anxiety. For example, if you were used to waking up at 7:30 am and drinking a cup of coffee before heading to work, wake up at the same time and drink your coffee before pulling out your computer for the day. If you used to have a work break at 10 am and at 2 pm, take those breaks still and walk away from your computer, just as you would if you were in the office.

Stay Connected

Not being able to communicate directly with coworkers can be tough. However, try to find ways to stay connected and keep communication going with your coworkers. This can be through FaceTime, Skype, Google Hangout, or any other method that your work is trying out.

Set Boundaries on Work Schedule

When you are working from home, it can be easy to forget to unplug at the end of the day. Just because you are working from home now does not mean that you should work from 8 am to 8 pm. You need to set boundaries for yourself and tell yourself that at 4 pm, 5 pm, whatever time you choose, you are going to turn off your computer for the day and be done working.

Distract and Redirect

It can be easy to get sucked into social media when reading about the latest COVID-19 update. However, for your mental health, try distracting yourself with something else. During your breaks from work or even after work, try listening to a calming podcast or music or doing some breathing exercises at your new workspace. This will keep your mind distracted from everything going on and will keep your anxiety/stress at bay.

Resource: http://www.workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19