



Dealing with the Stress of Working at Home

With new cases of Covid-19 on the rise, many people may be returning to working from home again, while others may have never stopped. Regardless if working from home is a new experience or has been your reality for months, here are some tips to take the stress out of working from home.

Keep Distractions to A Minimum. Select a work space that is secluded from other activities in your house. You may have dependents in the household that might need assistance during your scheduled work hours. If so, establish with loved ones and/or co-workers specific blocks of time to do your most important tasks.

Establish Goals & Boundaries. Setting goals daily for work can help establish a sense of purpose and help stay focused. Let others know your goals, as it can help with accountability. If possible, try to adhere to a daily schedule. While not always an option, stop checking communications outside of this schedule to help with work-life balance.

Communicate. Create a plan with co-workers regarding which platforms you'll use to communicate with each other and how frequently. Let others know if you have concerns regarding poor cellphone signal or poor internet quality and make plans to work around these issues. Video-conferencing apps such as Zoom can be very beneficial to teams who need to share complicated information and instructions.

Staying Social. Even in normal times, working from home can cause a feeling of isolation when compared to working in a dedicated workplace. This feeling of isolation can unfortunately be compounded due to other social distancing measures and the inability to visit with others. It's important to proactively stay connected to co-workers and clients, as to replicate the workplace experience as much as possible. Setting aside informal time before/after video-conference meetings can be a great time to help nurture the social needs of all involved.

<https://www.apa.org/news/apa/2020/03/newly-remote-workers>

Being overwhelmed with one or all of life's challenges right now is not uncommon. BHS provides referrals to qualified counselors, psychologists and psychiatrists that can help you manage your emotions and develop a coping plan. Call BHS at 800-245-1150 and your Care Coordinator will speak with you about your benefits and options for support.



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