· 6 TIPS FOR ·

WORKING FROM HOME

MAINTAIN REGULAR HOURS

Set a schedule, and stick to it! Having clear guidelines for when to work and when to call it a day helps many remote workers maintain work-life balance.

CREATE A MORNING ROUTINE

It might be making a cup of coffee or it might be getting dressed (wearing pajama pants to work is a perk for some, but a bad strategy for others). A routine can be more powerful than a clock at helping you get started each day.

SOCIALIZE WITH COLLEAGUES

Loneliness, disconnect, and isolation are common problems in remote work life. Give your coworkers a call or even use that webcam for some face to face interaction.

DON'T BE TOO HARD ON YOURSELF

Everyone lets their attention drift sometimes and find themselves distracted, it's okay!
Cut yourself some slack.

GET SOME FRESH AIR

As long as you are practicing self-distancing while you're out, there is no reason not to get outside! Take some time to go on a walk and get some fresh air.

MAKE IT PERSONAL

Above all else, figure out what works best for you and do it! Only you know the best way you work.