COVID-19: Managing Anxiety While Working Remotely

bhs™

As more businesses are going remote to mitigate the spread of COVID-19, many workers are faced with working from home for the first time.

Workplace

While working from home may seem like a dream, for many, this big change can be a source of anxiety for those making the transition to their new office.

Here are some tips to stay balanced while working from home.

Keep your routine. Even if you are not going into the office, it is important to maintain your normal routine. Exercising, showering, getting dressed in "work" clothes, and doing your hair and make-up just as if you are heading into the office can help put you in the right frame of mind for work.

Take a break. Just because you are working from home, doesn't mean that you are not entitled to the same breathers. Stepping away for breaks throughout the workday helps boost productivity. You can set a timer on your phone to focus for a 20-minute block then take a break when the time goes off. During your break, fix yourself a cup of coffee, stand up and stretch or unload the dishwasher. Five minutes is all you need to refresh your brain.

Get structured, but not too much. Be thoughtful about where you choose to set up your workstation. You will want to find a quiet area for tasks that require deep thinking and concentration. Also, make sure to designate "work-free" zones in your home so you don't associate those spaces with work.

Repurpose your commute. Just because you are no longer commuting to work, doesn't mean you need to start your workday when you would have left home for the office. Instead, use this time for self-care or family time.

Set clear boundaries. When working from home, it's important to communicate with co-workers as well as household members what your work schedule looks like and stick to it. Working from home doesn't mean you are working more hours. When your workday ends, be sure to put away your work equipment or stay out of the room designated as your workspace.

Don't forget to eat. Without a commute eating up your morning, you'll have more time to prepare a substantial and healthy breakfast. Hydrating and fueling your body with healthy foods helps boost energy and productivity. Don't forget about lunch either. You can use that extra time in the morning to prepare your lunch.

Stay connected. Even though you can't physically pop over to someone's desk, you can take some time to drop you co-workers a text, message or phone call. If you have video meeting capabilities, you may choose to get in some face time with your co-workers. You'll create more meaningful interactions and avoid loneliness.

Call in support, if you need it. The adjustment and anxiety can be difficult to manage. It is important to reach out for help when you need it. Remember, your EAP, telehealth provider, family and friends are just a phone call away.

Sources:
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