

The Challenges Of Working From Home, And How To Overcome Them

As millions of corporations mandate work from home because of [COVID-19](#), a lot of workers are finding that they have little to no experience when it comes to pacing themselves when they're not at work.

If you're an employer, you can expect lower levels of productivity and deadlines not being met as your employees try to settle in to this new normal.



When you started [working from home](#), you were probably beyond excited that your pajamas could stay on all day! You might have also been thrilled that you could work right from your bed without having to commute for an hour. However, all that glitter is not gold.

After a few weeks, you realized that working from home wasn't great for your KPIs and company goals. You also realized that you're putting in more hours than you used to while at work.

Working from home might seem exciting, but it comes with a lot of challenges. While we try to settle in to this new normal and let our healthcare system deal with this pandemic, we also need to work through these challenges together.

The following are some of the most significant challenges of working from home, and how you can overcome them:

Managing Your Time And Schedule

When you're working from home, no one's breathing down your neck, telling you to get work done. This can make you push deadlines way more than they need to be pushed. You have the freedom to make five cups of coffee in a day; because nobody is keeping track of your breaks. But this will soon backfire.

While working from home, it should be kept in mind that regular business hours need to be followed, and you still need to meet deadlines. However, it is understandable that work from home means that your schedule will need to be tailored according to your family's needs.

A great way to avoid this double-bind is to tweak your schedule and stick to it for the rest of your work from home days. It doesn't matter if you're starting at 10 AM or 12:30 PM; just make sure all your kids are well-fed, so they won't distract you from working till the end of your shift.

Work-Life Becomes Professional Life And Vice Versa

We've seen the horrors of Zoom meetings on social media. We know how awkward it is when your kid starts screaming during your conference call. It's even more embarrassing when they jump on you.

Eventually, you'll be working from home and for home simultaneously and not be able to manage either.

A great way to not blur these lines is to set up a physical space for work. Make sure that your kids keep away from this space. You also need to ensure that all your office supplies are within reach when you need them.

Falling Into The Trap Of Reduced Supervision

You might not be fond of your boss. But managers and supervisors serve a crucial purpose in monitoring your work progress and managing your deadlines. Without them, you might fall into the pit of endless procrastination.

An incredible way to avoid this is to remain in touch with your boss regularly. You can update them about your work progress once a day and ask for feedback. You can also let them help you address the challenges you're facing while working from home and take on expert suggestions on how to pace yourself better.

During a pandemic, it's essential to focus on your life goals so you aren't too occupied with the horrifying circumstances surrounding you. However, it's also crucial to remember that you shouldn't be too harsh on yourself by trying to deal with things that your brain isn't ready for.



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