

- Telecommuting

TIPS FOR REMOTE AND HYBRID WORK

Work-life balance, relationships, and activities may be neglected by the extra time spent working

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The pandemic has opened doors to diverse arrangements with employment. While some grant the autonomy to set up shop where we most feel productive, it is still essential to take care of your mental health.



Boston University's Employee Wellness experts understand that dedication can take away from one's own time, as well as physical, emotional, intellectual, environmental, social and spiritual welfare. "Regardless of the location and mode of communication, it is

important to give priority to your well-being,” the team noted. “Some challenges are encountered by those who are working remotely, hybrid, or even both that require much attention.”

Echoing BU Employee Wellness is the Benilde Well-Being Center of the De La Salle-College of Saint Benilde, which shows its appreciation to the general workforce who remain committed and passionate in their jobs despite the rapid changes in work measures.

Here are four points to keep in mind:

1. Maintain boundaries.

When home becomes associated with work, it may be difficult to separate personal and professional time. Work-life balance, relationships, and activities may be neglected by the extra time spent working.

Establish healthy boundaries by creating a structure. Change into and out of work clothes to differentiate work time. Set your office hours. Do not respond to emails once you’ve clocked out.

2. Make breaks a priority.

Take 10-minute breaks. It enables the brain to rest and reset. It reduces the build-up of stress in a day. Stretch and walk. This reduces physical strain of sitting for long periods of time. Quick meditation can make a big difference.

3. Avoid tech fatigue. The shift from in-person to virtual meetings (and vice versa) can cause eye irritation exhaustion and fatigue. A Stanford Research suggests reducing window size to lessen the excessive amounts of close-up eye contact. An external keyboard and camera increase the personal bubble space. It also diminishes immobility brought by staying in the field of view.

You may use the “hide self-view” option to avoid looking at yourself during virtual meetings. Simply turn off your camera periodically to stand up and walk around. Having audio-only calls allow you to direct your gaze away from the screen.

4. Cultivate wellness. Develop and sustain healthy lifestyle practices. Engage in regular exercises. Practice work-life balance. Avoid negative outlets such as alcohol and drugs.