

# 7 tips to help reduce stress when working from home

Having to 'work at home' often makes them feel compulsive, lack of concentration, and productivity is not as high as usual. Here are 7 tips to help reduce stress when you have to work from home.

The situation of Covid-19 epidemic is increasingly widespread worldwide, with unpredictable developments that many businesses require employees to work from home to ensure their own health as well as reduce the spread of virus in the community.

For people who have only used to work in the office, at work, having to 'work at home' often makes them feel secret, lack of concentration, and productivity is not as high as usual. Here are 7 tips to help reduce stress when you have to work from home.

## 1. Speak by yourself

Yes, that's right, talk to yourself as much as possible.

Talking to yourself will make you feel less alone, which may sound weird but in fact very effective. And if you're worried about what others think when you do, don't worry, because you're in your own room!

## 2. Listen to music



Not only does it improve mood, reduce stress, music is also a great medicine to increase alertness and productivity. Make a list of your favorite songs, and play them while you are working from home.

### **3. Open the door of the room, sitting near the window**

Make sure you open windows, even balcony doors so that the fresh air and natural light can enter the room as much as possible. This is not only good for your health, but also makes you feel better, less stressed and more interested in your work.

If possible, place your desk in a location near the window. The cool breeze, warm sunshine, and the sound of birds chirping are "favors" that a rare office office can bring you.

### **4. Get up and go out to relax**

This is another privilege you rarely get when working at a corporate office. If you feel the work is too stressful, cannot find a solution to the conundrum, or simply feel a bit tired, get up, walk around the garden or the balcony to catch some wind. You will find that your body is fully charged again, and even the daring ideas from there become pregnant.

### **5. Place a flowerpot in the corner of the work area**



It sounds a bit overly romantic but don't underestimate the importance of creating a calming, eco-friendly work environment, which will make your mood a lot better.

If you do not like flowers, can be replaced with mini bonsai pots, aquariums or even a basket of fresh fruits, all will make your mood much more positive.

## **6. There should be a glass of water on the desk**

Drinking enough water is important, so have a glass of water available at the home work corner to make sure you don't forget to drink it. We often have a habit of drinking water in the workplace more regularly and in moderation than at home.

Also when stressed, taking a few sips of water will make you feel more comfortable.

## **7. Spend time chatting with friends and colleagues**

Working from home makes you lose the opportunity to talk directly to a colleague, but don't quit this activity altogether. This is not simply gossiping, such interactions will help people stick together, and create a more friendly working environment. Therefore, schedule group chats with colleagues, or create video chat groups to

chat with during breaks. This not only reduces stress but also helps you maintain a relationship with your co-workers.

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