

... From Chaos to Calm ...

2 Simple Techniques to Overcome Remote Work Isolation

What is Remote Work Isolation?

All of us are social creatures. To a certain extent, we hope, need and prosper on communication and interactions.



So naturally, “social distancing” (although the best way to decrease and ultimately defeat COVID-19) becomes a very difficult task to achieve. Having said that, we are still trying to manage working remotely and in isolation and trying best to adapt as it is the need of the hour.

But remote teams also need a place for learning, problem solving, having fun and motivating each other.

As you adapt to this new work style, be careful to not let communication gaps, difficult inter-team collaborations, lack of motivation or the feeling of being at home affect your productivity, morale or performance.

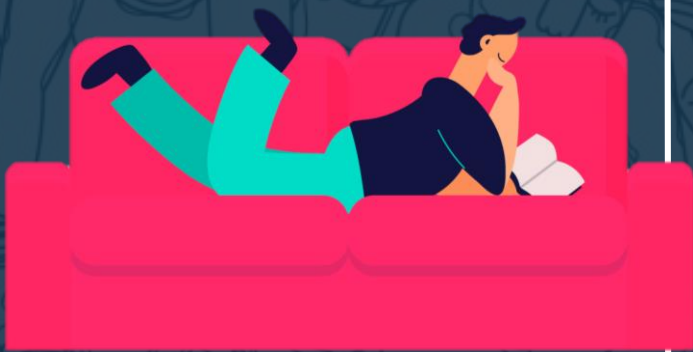
As you transition to full-time work from home, here are two simple techniques to help you make the best out of this situation.

Stick to Your Work Habits At Home

1

Follow Your Regular Routine

Wake up on your regular time, do your morning routine, shower, and get dressed. Make sure for working you have a dedicated workspace. Prevent yourself from over-snacking. One simple way to do that is to avoid sitting near the kitchen while working.



Over Share Your Achievements

How does your team know that you've been productive today? Being out from under the watchful eye of a manager, you have to make a conscious efforts to prove that you're present and productive. When you meet a deadline or fulfill a commitment, tell someone. You may feel like you're oversharing, but your words are all you have to prove you're doing your job.



Find Work-Life Balance

While working from home, it's important to practice some mental distancing from work from time to time. When coronavirus concerns permeate all of your conversations and decisions, it can be challenging to clear your mind. But by setting aside some time to intentionally focus on something—anything—else, you'll be more likely to feel refreshed for the week ahead.



Stay Connected to Your Colleagues

2

Maintain Corporate Culture

Corporate culture is even more crucial when employees don't see each other every day. It doesn't cease to exist outside your office. Create opportunities for connection by hosting virtual lunch-and-learns and team-building activities to keep the corporate values alive and fresh in your team.



Have a Break Room Chat

You miss your coffee/smoke breaks. Come on, admit it. The quick, unintentional (or, was it?) catch up with your office mates provided a breath of fresh air in your otherwise hectic work schedules – all necessary to keep you sane, entertained and refreshed. You can still have the virtual version of it. What's holding you back?

Focus on the Future

We are living through difficult, unexpected times right now, but remember – nothing lasts forever, and this too will run its course. Until then, think about all the things you're looking forward to doing again—whether that's a vacation abroad or the simple comforts of your old routine—and you'll start to see the light at the end of the tunnel.

