WORK FROM HOME: MAINTAINING WORK LIFE BALANCE AMIDST PANDEMIC

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The novel corona virus also known as Covid-19 has greatly affected every aspect of our lives, especially at our workplace, virtual meetings and appointments are now essential and face to face interactions are the last option to choose; with this, we are being forced to do our daily jobs in the comfort of our homes to protect ourselves, our family, our community and our medical front liners from spreading the Covid-19 virus. Staying at home can be fun while spending it with our loved ones, but how can we balance our work life from our own personal life?

Maintaining a work-life balance helps every employee improve their productivity and achieve their full potential, it also contributes a positive effect to a healthy work relationship toward their colleagues. Not only it contributes to a healthy relationship among employees but it also gives an individual a positive effect—peace of mind, sense of fulfilment and avoids work burnout. But how can we separate and detach ourselves from our job while doing it both at the comfort of our homes?

Here are some tips you may find helpful to achieve work life balance while working at home.

1. Create a work schedule

A working schedule provides a guideline of your to-do list and help achieves your daily task. Having a schedule and setting a deadline can help you be more productive as it will help you accomplish your job on time. Setting a schedule also means having a break—breaks provide rest and help you do things to relax and prevent stress.
2. Don’t forget to take a break

Working from home does not hinder you from taking a break; remember you are still working while at the comfort of your home. Like in a regular classroom, take a recess, loosen up a bit, stretch a little, play some music and eat your comfort food to relieve stress and boost productivity.

3. Designate your own workspace

Finding your perfect spot at home designated for work creates an imaginary boundary for your work space and personal space. In this way we can determine which place can we be more comfortable and which can help us more focused on our jobs. As our job requires us to shoot videos for our online classes as mandated by the Department of Education, you may create a mini studio in your house in which you can also use in your meetings and also serves as your work desk. Refrain from doing tasks in your bed as your bed is your comfortable place, it is meant as your relaxing place when you get tired; doing tasks in your bed may result to procrastination as you may delay tasks and choose to rest instead of working.

Working from home is now the “new normal”, we must accept that it may take a long time to come back to our normal set-up, face to face classes will resume in an indefinite time. For now, we have to accept and adjust in creating lessons via online classes to continue our purpose to educate our students. We must remember that no situation can hinder education. This pandemic has created a huge impact to everyone, adapting to change is the only choice to survive our everyday lives, as they say, “change is the only constant in this world”. We have to accept that our lives will never go back to where it used to be, the only choice we have is to adapt to change and embrace the “new normal”.
References:

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