Dealing with Stress from Home – Picture This

What is wrong in this picture? There is a woman working on her computer, using her cell phone and taking care of her children at the same time!

When you work from home so you can take care of your children during the day or in the afternoons, it can be even more challenging as you may feel pulled between competing loyalties and overwhelmed by the responsibilities of your various roles.

While many people regard working from home as a goal for overall work-life balance, those who find themselves actually doing their work from home report higher levels of stress, according to a 2017 study conducted by the United Nations.

41 percent of “highly mobile” employees (those who more often worked from home)

considered themselves highly stressed as well, compared to only 25 percent of those who worked only on-site.

Fortunately, there are many tools at your disposal and you are not alone in experiencing stress from working at home. While people who work together can gather and discuss the challenges of working in their office environment, those who work from home may need to be more proactive in finding a venue to give and receive support, and to discuss the challenges they face. It can be more challenging to realize that you’re not alone in what you’re dealing with.