

REMOTE WORK

How to Overcome Common Struggles of Working from Home

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In recent weeks, many people who traditionally work in an office are transitioning to working from home, possibly for the first time. Shifting from an office-based environment to working from home full time — even if only temporarily — takes some getting used to. And we know, as most of us here at PSPDFKit made that transition for the first time when we joined the company.

To help those of you new to remote work, we plan to share tips to help you be more effective working from home, emphasize the importance of communication, and provide a list of tools we have found to be helpful in our company.

But first, to kick off this series, I will highlight a few of the struggles people face when working from home. This is by no means a comprehensive list, and everyone's experience with remote work is different, but I found that the survey results of Buffer's State of Remote Work Report offer a good starting place.

Struggles of Remote Work

Working remotely is great, as it often comes with the flexibility of working when you want, with no commute, and with fewer work distractions. However, remote work also comes with its own set of obstacles.

Unplugging After Work

If you're working from home for the first time, you'll soon start to realize it might be difficult to log off. You may find yourself constantly checking your work email outside of working hours. One reason behind this is the lack of separation between work and home (both geographical and temporal). Working in an office provides a physical distance, and the commute home gives you the temporal distance that allows your mind to transition from work to rest.

Feeling Isolated

Staving off the feeling of isolation in remote work is something many of us have had to cope with. This may be less of an issue for those who have family members or flatmates living with them who are also working remotely. But in-person human connection is a very real physical and emotional necessity for most of us, and it can be jarring to suddenly lose many of those connections and small personal interactions that are taken for granted in an office environment.

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