Work life harmony is always a tricky thing to achieve and working from home can make it even more so. When home becomes place of work, the lines between the two can easily blur. Everyone’s definition of work life harmony is always a tricky thing to achieve and working from home can make it even more so. When home becomes place of work, the lines between the two can easily blur.

The world is going through a period of crisis, but whether we look at it as a crisis or as an opportunity will determine how we act and whether we are able to find our opportunity in the difficulty during an uncontrollable situation instead of the difficulty in the opportunity. Take advantage of this restrictive time to clear clutter out of your basement, pull weeds in the garden or get caught up on fun hobbies you’ve neglected while you eat lunch. Go for a walk, read a book, watch an episode of your favorite show, or do something that relaxes you on your lunch break.

One of the easiest ways to gain some semblance of work life balance when working from home is to carve out a working space. Set your work away at the end of the day. Keep your attitude in check. Turn off your computer, do not skedaddle, do not leave work on your laptop and step away from your work while you eat lunch. Go for a walk, read a book, watch an episode of your favorite show, or do something that relaxes you on your lunch break.

Get outside as much as you can to experience fun and normalcy in stressful times. So, the BAC is making a declaration: ‘We are in an emergency situation and are being addressed as such. Therefore, our supervisors, managers and leadership are letting their teams know of what is important while we are working remotely. We do not want to add to the stress and anxiety of our employees.

Let your team or other employees know when you are not available by marking in your email calendar, creating an outgoing message in your email, etc. Let your team or other employees know when you are not available by marking in your email calendar, creating an outgoing message in your email, etc. Let your team or other employees know when you are not available by marking in your email calendar, creating an outgoing message in your email, etc.

The BAC does not expect the same level of work engagement, focus, and performance of their employees that they are used to when everything is tickety-boo. Everyone’s definition of work life harmony is always a tricky thing to achieve and working from home can make it even more so. When home becomes place of work, the lines between the two can easily blur. Everyone’s definition of work life harmony is always a tricky thing to achieve and working from home can make it even more so. When home becomes place of work, the lines between the two can easily blur.

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ETIQUETTE TIPS:

• Please text someone before calling to check availability. This will allow people to manage time.
• Allowing employees to dip-in and out of calls, or agreeing to keep calls to 30 minutes (which will save colleagues from having to listen to Peppa Pig in the background).
• Using or not using the camera during work calls.
• Taking the baby out for a walk, going outside to play a game of football or ride the bicycle, or decide to stay up late and get work done then. But during the day they need to prepare food, check on kids or go to the shop, which means longer breaks in the day.

Above all, be creative and don't let your confined circumstances dwarf your tranquility, happiness or productivity. Your greatest power is your perspective. It's easy to lose track of time when you're working from home in various ways. Some people end up working more hours than they were in an office and others find it hard to focus as they're used to working when just being home. Everyone's definition of work life harmony is always a tricky thing to achieve and working from home can make it even more so. When home becomes place of work, the lines between the two can easily blur.

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