

COPING WITH COVID-19 MAKING WORKING FROM HOME A FAMILY AFFAIR

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Provide yourself time to converse with your family throughout the workday.

COVID-19 has caused us to transition to working from home. Trying to maintain a normal work life is



hard when you bring your family into the mix. Some people can adapt to the change in scenery and others have struggled to find

that perfect balance. The following suggestions can help you adjust to working from home and ease some unwanted stress.

INCLUDE YOUR FAMILY IN YOUR WORK

A lot of our work has shifted to an online platform. The platform makes it easier for us to put out a message that is going to be quick and to the point. Since we work with people and use them quite often for demonstrations, it can be easy to include your family in the mix. Family members can serve as your helpers. They can help you with preparing food for a demonstration, recording your videos,

giving you feedback on the information you are presenting or assisting in setting up your workstation for the day.



Including family in the mix helps with finding a work life balance and helps reduce the unwanted interruptions through the workday. A bonus is that this will also allow the family to understand the work that you do. They may be even more supportive of the contribution you make to the community once they become a part of it.

BREAK UP YOUR DAY TO GET IT ALL



DONE
Sitting at the computer for 8 hours is unrealistic. It is not good for your health and can add to your

stress. Take time for yourself and your family. Go for a walk together. This will allow your children and/or animals time to release some energy and will allow you to focus better when you return to your workstation. Make sure to take a lunch break. Work together as a family to plan and make lunch, as well as snacks, throughout the day.

SET BOUNDARIES

Setting up a workstation that is away from the family is ideal, but most often you are right in the middle of the family room. In this case, it is good to set

boundaries with the family. Explain to them that you are going to have to use the space



for a period of time, and you would like them to respect your space. Make sure items that your family needs are not held captive in your workspace. Provide yourself time to converse with your family throughout the workday; but make sure they know when you can't be disturbed. If you have a room with a door, it may be beneficial to post a note on the door so that they know you are working and cannot be bothered during a certain time frame. Setting clear boundaries will help you and your family.

DISCUSS YOUR SCHEDULE WITH YOUR FAMILY

At the beginning of each day it may be good to review your schedule with your family.

Additionally, posting your schedule on the



refrigerator can help them understand some of the tasks you have to get finished before you can engage with them again. Making sure

you stick to this schedule allows the family to develop a routine. Have your family members coordinate their work time blocks with yours so you can all take breaks and finish together. Remember to not go past your scheduled stop time. The work that did not get accomplished can wait until the next day during work hours.

FINAL THOUGHTS

These are difficult times for many individuals. Finding a circle of close family and friends is imperative. This group may help you through situations, serve as a sounding board, or give you ideas for your next big project. We have to remember that we cannot do this alone. We are social creatures and have to have social interaction to make it out of this tough time. Go through your phone/ address book and find people that can help you be the best you for you and your family.

For General Health Information: [cdc.gov](https://www.cdc.gov)
TN COVID-19 Information: <https://www.tn.gov/health/cedep/ncov.html>
TN Mental Health Hotline: 1-855-274-7471
TN Addiction and Recovery Hotline: 1-800-889-9789

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