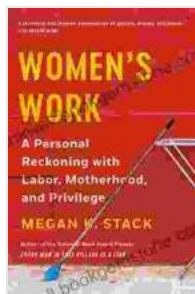


Reckoning With Work And Home: Redefining Boundaries in the Era of Remote Work



Women's Work: A Reckoning with Work and Home

by Megan K. Stack

★★★★☆ 4 out of 5

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Enhanced typesetting	: Enabled
X-Ray	: Enabled
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The COVID-19 pandemic has accelerated a trend that was already underway: the rise of remote work. As more and more companies embrace flexible work arrangements, the lines between our professional and personal lives have become increasingly blurred.

This shift has brought with it a number of challenges. Many people find it difficult to unplug from work when they're working from home. They may also feel pressure to be available to their colleagues and clients 24/7.

On the other hand, remote work can also offer a number of opportunities. It can give us more control over our schedules, allow us to spend more time with family and friends, and reduce our stress levels.

If you're struggling to find a healthy work-life balance in the era of remote work, there are a few things you can do.

1. Set boundaries

One of the most important things you can do is to set clear boundaries between your work and personal life. This means creating a dedicated workspace, setting regular work hours, and sticking to them.

It also means being intentional about taking breaks and unplugging from work when you're not on the clock. Make time for activities that you enjoy, such as spending time with loved ones, exercising, or pursuing hobbies.

2. Communicate your boundaries

Once you've set boundaries, it's important to communicate them to your colleagues and clients. Let them know when you're available and when you're not. Be clear about your expectations for communication outside of work hours.

If someone respects your boundaries, don't be afraid to remind them of them. It's also important to be respectful of your colleagues' boundaries.

3. Take breaks

It's important to take breaks throughout the day, even if it's just for a few minutes. Getting up and moving around, or spending some time in nature, can help to clear your head and reduce stress.

Taking breaks can also help you to stay focused and productive. When you're working on a project for too long, it's easy to get bogged down in the

details and lose sight of the big picture. Taking a break can help you to refocus and come back to your work with a fresh perspective.

4. Unplug from work

When you're not working, make sure to unplug from work completely. This means turning off your work email and phone, and avoiding checking work-related messages.

Spending time away from work can help you to relax and recharge. It can also help you to improve your sleep, which is essential for both your physical and mental health.

5. Seek support

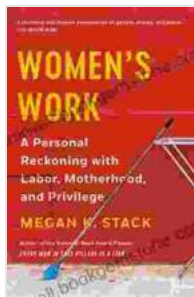
If you're struggling to find a healthy work-life balance, don't be afraid to seek support. Talk to your family, friends, colleagues, or a therapist. They can offer you support and advice, and help you to develop strategies for coping with the challenges of remote work.

Remote work can offer a number of benefits, but it's important to be aware of the challenges it can present. By setting boundaries, communicating your expectations, and taking breaks, you can create a healthy work-life balance that works for you.

Additional tips for redefining boundaries in the era of remote work

- Create a dedicated workspace that is separate from your personal space.
- Set regular work hours and stick to them as much as possible.
- Take breaks throughout the day, even if it's just for a few minutes.

- Unplug from work when you're not working, including turning off your work email and phone.
- Communicate your boundaries to your colleagues and clients.
- Be respectful of your colleagues' boundaries.
- Seek support if you're struggling to find a healthy work-life balance.

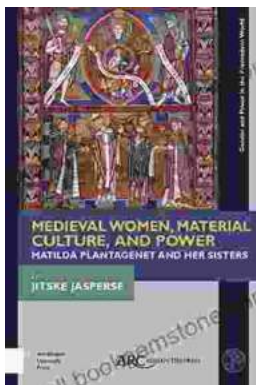


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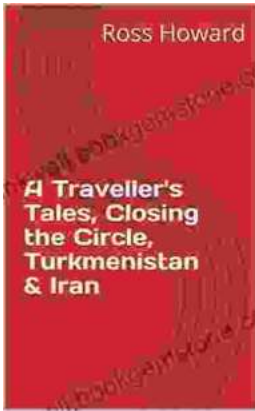
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