

# Dynamic Business

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## Featured

### Let's Talk: Dos and Don'ts for achieving work-life balance while working from home



Clare Loewenthal  
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Before the pandemic, working from home was seen as a perk, something that enhanced work-life balance. But now that organisations have had remote working thrust upon them, many people struggle to delineate work and play.

October is [Mental Health Month](#), so it is timely to acknowledge that remote working can cause overwhelm, isolation, anxiety and depression without a structured approach. Our experts provide their tips for making working from home productive and enjoyable.

Let's talk...





## Dos and Don'ts for Achieving Work/Life Balance WFH

“The world is ever-changing and with COVID restrictions beginning to lift, some will return to the office but for some, WFH is here to stay. Here’s are a few strategies to set up some sustainable habits.

### DO

Set boundaries and demarcate the start and end of each day

As many walk n talk meetings as you can and get regular doses of nature

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Turn off all pop-up alerts and email notifications

Make an effort to stay connected to family, friends and loved ones

Be kind to yourself

### DON'T

Schedule constant back-to-back meetings

Sit for hours at a time, aim to stand up out of your chair 30 to 50 times a day

Reach for processed and high-sugar foods when energy levels drop

Get into the habit of using alcohol to wind down every night

Look at your digital devices 30 mins before bedtime

Forget to prioritise self-care and put your oxygen mask on first”

**Richard Francis** Founder & CEO of **Spotlight Reporting**

