

Balancing Work and Life in Remote Teams

Famous American author Thomas Merton once said — “Happiness is not a matter of intensity but of balance, order, rhythm, and harmony.”

Arguably, work-life balance is one of the most essential factors to maintain quality in life and work. If you are working remotely, then balancing work and life in remote teams might seem very tiring at times.

Research conducted by a Gallup poll of 10,000 remote workers showed that **58% of remote workers believed remote work improved their work-life balance**. However, there are some tricks to achieve work-life balance in a remote work lifestyle. Today, we will share the best tips to maintain work-life balance in remote jobs.

5 Tips For Better Work-Life Balance in Remote Jobs

It's always challenging to acquire a work-life balance and productivity when working remotely. But there are a few tricks to lead a healthy work-life balance in a remote work environment:

1. Stick To a Routine:

Create a daily schedule and maintain it properly. You should allocate your time in a way that includes professional work, personal activities, and family time. Always prioritize your tasks and get them done during your work hours.

2. Maintain Clear Boundaries:

As you need to maintain a healthy work-life balance, you should set clear boundaries. Buffer reports that 18% of remote workers struggle with an unsuitable workspace.

Creating a designated workspace can help you separate work from personal life. And always try to stick to specific working hours. It's also important to communicate with your family members if needed during the working period.

3. Take Regular Breaks:

According to research by QuickBooks, remote workers who actively track their time are 23% more productive. So, never forget to take short breaks throughout the day.

Also try scheduling a longer break for lunch, if possible with family members to boost yourself.

4. Maintain Regular Communication:

Connectivity is productivity. By maintaining regular communication with the team, you can feel better about working. Virtual meetings will build a healthier connection with colleagues and lessen the feelings of isolation.

5. Detach Yourself Sometimes:

RescueTime data revealed that remote workers spend an average of 4 hours and 37 minutes per day on work-related tasks. It's never healthy to bombard yourself all the time with workload. Make time to fully disconnect from work, especially during evenings and weekends. Plus, turn off work-related notifications while you are not at work.

Final Words

A study by the Harvard Business Review showed that remote workers tend to work more hours than their in-office counterparts. It has two sides. You can get better at work be more productive, and be skilled. At the same time, you're being able to spend more me time and family time. Always remember that achieving work-life balance in a remote job is an ongoing process. So, be flexible to adjust your strategies to achieve a work-life balance.