

Remote workers face challenges in maintaining a clear boundary between their professional and personal lives. While the current system is made to boost productivity. It fails to provide a way for workers to have a work-life balance. As a result, many remote workers struggle to have a work-life balance. The lack of a work-life balance can lead to stress, increased pressure, and a diminished sense of well-being.

Without a clear separation of work life and a personal life, the risk of burnout rises, this can cause long-term impacts on both health and productivity. Existing solutions are not good enough to encourage breaks or help prioritize personal time, which can leave many remote workers feeling overwhelmed. To combat this, there is a need for a system that not only allows for task management but can also actively promote/protect personal time, ensuring a healthier, sustainable work-life balance.