

Challenges

It's a challenge to set boundaries between work and non-work time since I can't "go home" at the end of the day.

Finding opportunities to make meaningful connections with new people.

Remembering to take a break, and be present with my family.

Graduate school and running a business

Overworking myself

Interruptions by a spouse who also works from home...esp when he doesn't knock and I'm on camera!

making my desk comfortable!

Getting distracted by flying dust bunnies and feeling burnt out but worried about job stability at the same time.

My main issue has been distractibility. I don't have children, so I'm not dealing with childcare or schooling, but I'm just so much more aware of my surroundings and the chores that need to be done around the house.

Working and handling kid's virtual school

leading team meetings

My challenge is getting natural exercise. Walking upstairs, going to the parking lot are natural ways for getting more steps in. I don't have to walk that far to get or do things when at home.

A challenge for me has been dealing with missing out on the casual 'water cooler' conversations while working on a remote team.

Lack of connection with others and isolation

Having a difficult time staying productive and positive. Not driven to look for new jobs like I was before.

Solutions

Identify when to schedule a call other than 'chat/im' with a colleague to acquire information to move a project along or solve a problem. At times, colleagues are more prone to continue communicating via 'chat/im'

I'm planning for Specific work hours, when There shouldn't be interruptions. Also, setting up a designated work place/office in the house - was very helpful in keeping a high productivity.

Sunshine When Available - Nature

Learn Boundaries - Especially with Family.

get a kitchen timer to keep you focused and take a break

get a no electronic area to take a break... a

get an awesome morning routine that has nature and nurture in it

relaxed dress code and laid attitude towards family interruptions

using tools like slack and teams to mimic water cooler convos

take your lunch away from the screen and walk away

slack - take advantage of away messages

Tools

airbnb experiences

[www.pulver.com](http://www.pulver.com)

jackinthe box game night

now you can attend meetups anywhere

craft night?

Having trouble with running a business and going back to graduate school.