

title: **How to create structure while WFH?**

num_comments: 3

num_up_votes: 9

upvote_ratio: 1.0

Post Text

I'm taking a web developer course (which I find very fun and interesting) and my goal is to get a job in tech and WFH in the future. My current job is in a hospital and it's very structured and organized, which works well for my productivity as an employee with ADHD but at the same time I hate it. I hate commuting and the high stress level I have currently, it contributes to my anxiety and overall bad mental health. I'm worried that even though I really want to WFM I will be far less productive at home. I hate the rigid structure and the stress of my current job, but maybe I need it to be a good employee and not get fired? Are there ways to create a structure while WFH that will help me be productive and good at my job while not being super stressful? I just started meds recently and they do seem to help with my symptoms.

Comments

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 9

What works for me:

- * Having a dedicated work area
- * starting the day off with planning based on what needs to be done and what's upcoming.
- * Keeping notes on what I'm working on and what needs to be done. I use OneNote because of where I work; I've found it to be adequate for my purposes
- * Working in ~1h blocks with 7-15min breaks (if it's a good day, 7 minutes, if it's a struggle day, 15 minutes). I use a timer to keep track of this.
- * Using an appointment book as an hourly planner. I have a 4-person planner so that I can put planned work in one column and track how the time was actually spent in the adjacent one. Each page corresponds to two days. This helps with visualizing how much time I actually have for work (i.e., if there are a lot of meetings, I can see how it will impact my day and plan accordingly). It's also good for understanding how my time was actually spent; instead of wondering why I wasn't able to get something done, I can look back and see that there were a lot of meetings that day/week or that I spent a little too much time goofing off.
- * small whiteboards and wet erase markers for brainstorming and troubleshooting. Wet erase markers aren't nearly as prone to rubbing off as dry erase
- * regular and intense exercise
- * hydration

Commenter_2

ID: REDACTED! ~(o.o)~ <3, Upvotes: 6

The dedicated work area is key. If you game or browse at your work station, your brain will want that better dopamine it knows is available right there.

I do pomodoros. 25 minutes of intense work, and in that the pomodoro app blocks distracting websites, emails, notifications. It's a lot to ask to stay focused for hours on end, but if you know it's 25 minutes it's more manageable knowing you can check your social media in just a bit.

The other benefits are:

- 1) most apps ask for an intention. i try to gamify this, put down a goal that's pretty ambitious. this will kinda' create the deadline adhd brains need.
- 2) if you don't get it done, many apps track that you did a pomodoro which is a little dopamine hit in

itself.

I also really like the daily notes. If you have a problem, write it down. Write down what you think the problem might be. Then write down the answer. It helps remind you what you're doing, is a great reference if you have standup and having trouble remembering what you did yesterday... and if you do this long enough you'll be able to search your own notes when you have similar issues again.

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

Thanks so much, this is really helpful!