

Working Remotely, Mental health, and life hacks to conquer it all

Gaurav Pareek
@real_grvrulz



That's not me

CHAPTER 1

Remote Work

CHAPTER 1

NOT THE UNICORN YOU THINK

CHAPTER 2

Mental health

Why nobody talks about it

- Fear of rejection/mockery
- Self-loathing
- Lack of support

Examples of issues

- Depression (chronic/major/manic/postpartum)
- ADD/ADHD/HD
- Anxiety disorder
- Many more

DISCLAIMER

This is not intended to be, nor should be considered, as medical advice. Please talk to a licensed therapist about that.

CHAPTER 3

WHAT TO DO



Breathe



HYDRATE

Acquire a furry friend



Move your body

- Push-ups everyday
- Start running/jogging long distances
- Any aerobic activity
- Join a gym

Set goals & reward yourself

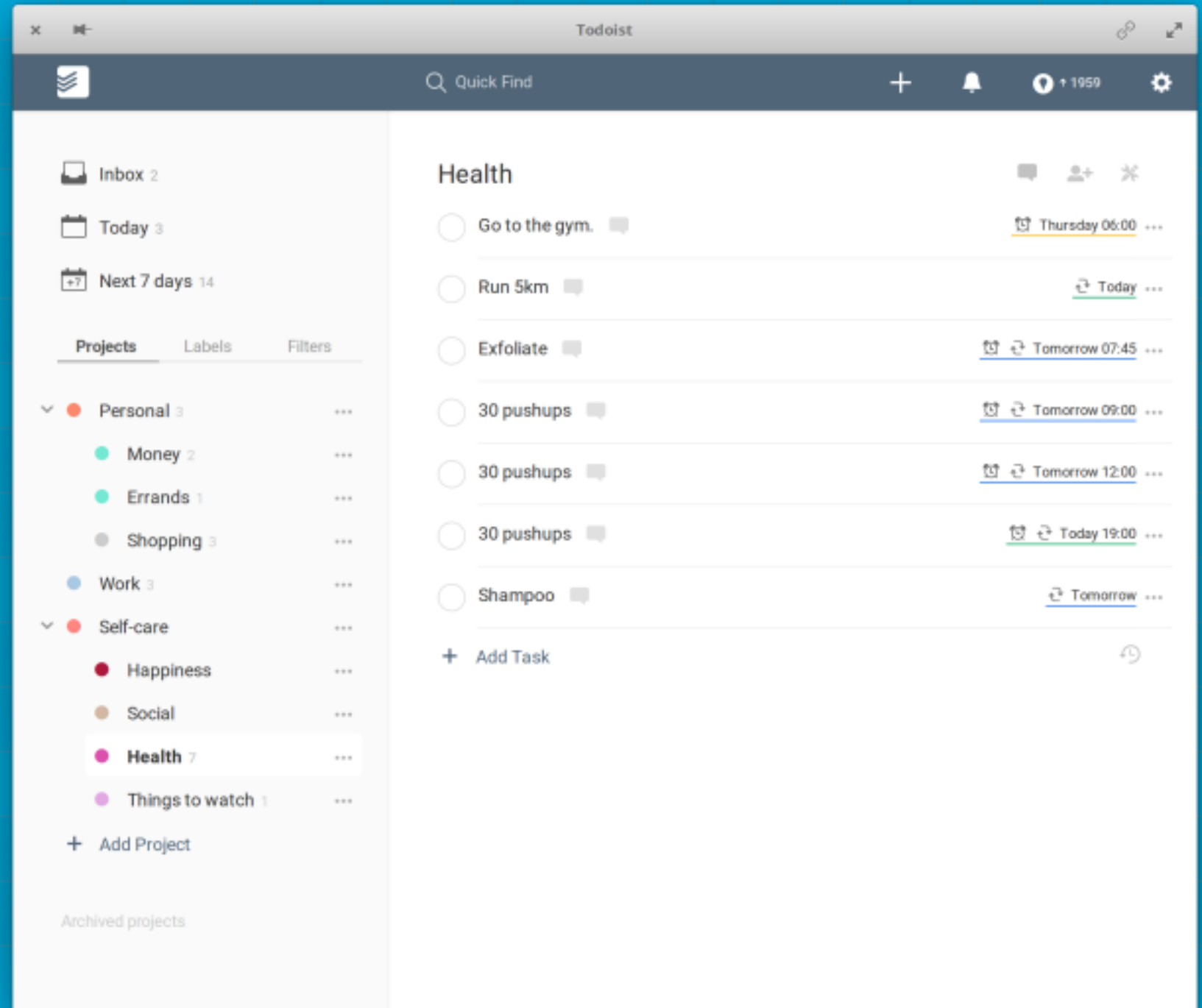
- Watch an episode of your favorite TV show
- Buy yourself a gift
- Eat out
- Treat yourself to some dessert
- Take a day off to marinate in your thoughts

Work on your sleep pattern

- 3 hours between dinner and sleep
- Reduce exposure to blue light
- Block light and sound
- Leave your phone away from your bed

Divide & conquer

- To-do lists
- Break down tasks
- GTD and more



Meet people in real life

- WP/Tech meetups
- Toastmasters
- Make friends
- Tinder/Grindr/Match?!?! 😜

Get creative

- Music
- Painting
- Woodworking
- Anything that gets you away from your computer

“

*Dare to love yourself
as if you were a rainbow
with gold at both ends.*

Aberjhani

”

gaurav.blog/wcnashik2017

Thank You

Gaurav Pareek
@real_grvrulz
gaurav.blog

automatic.com/work-with-us

AUTOMATIC