# Work from Home Tips

## Increase Efficiency and Productivity

- Hi I’m GeGe! I started this blog to give insights into the working lawyer’s life and to provide my experiences and stories.

- Over the years of practicing law, I’ve encountered many situations that I wasn’t sure about how to tackle, and there weren’t resources available to help me figure things out. So, my motivation for starting this is to be that resource to others who are experiencing the same or similar situations.

- For this inaugural video, I want to talk about something on the top of everyone’s mind—working from home. How I’ve been dealing with it, the pros and cons I’ve experienced, and I’ll share some tips to help you get through the challenges of the WFH life

**- PROS**

- No commute

- No need to wear makeup or a suit everyday

- Extra time to work out

- Research has shown that working out will boost your mood for the day and even 20 minutes is good enough to achieve that

**- CONS**

- Boring/lack of social interaction

- Check in with co-workers

- Walk to a coffee shop

- Listening to some nice background music.

- Stress and fatigue brought on by lack of separation of home and office

- Keep a regular work schedul

- Difficult to be efficient

- Plan the day’s tasks the night before - Prioritize tasks

- Take breaks. Set timer for 90-120 minutes of work

- Reward yourself after finishing a task

- Seek out new activities to keep your life interesting and stimulating

- Flow state concept—the subjective state in which a person functions at her fullest capacity with all attention focused on task. This results in positive emotions and a sense of being in control of one’s own destiny. This year, it’s been particularly hard to feel like we’re in control.

- Flow state is best achieved if doing an activity that challenges you but without being too overwhelming

- [Link](https://positivepsychology.com/what-is-flow/) if you’d like to read more about flow state

- For me, this channel is my fix!