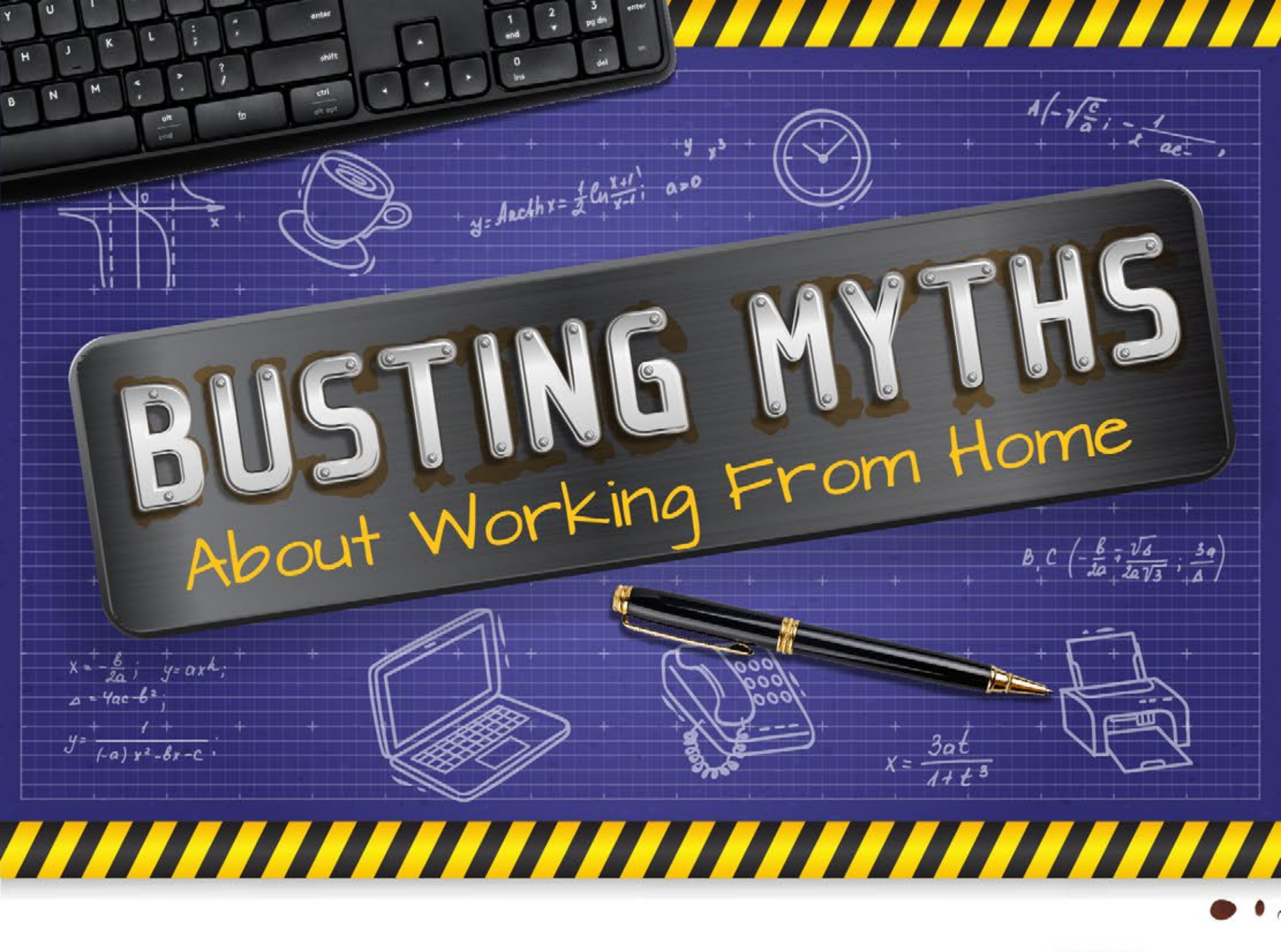




This spring, millions of workers are joining the remote workforce for the first time and adapting to the unique challenges of this shift — and it could be semi-permanent. As peoples' work offices move to their living room couches, many fear the consequences of such a transition.

But is working from home really as bad as employers (and some employees) fear? We're here to separate the myths from the facts and put your worries at ease!

Myth or Fact?

10 Common Rumors About Working From Home

- #1: You are less productive when working at home
- #2: The remote work lifestyle has unique perks
- #3: Working remotely can ruin your healthy eating habits
- #4: Your spouse and kids will respect your boundaries during business hours
- #5: Fashion has no place in the home office
- #6: You take showers more often when you work from home
- #7: You are always at your home computer by 9 AM, ready to roll
- #8: Working from your bed is always comfortable and never gets old
- #9: You always find time to work out when you work from home
- #10: Remote workers love to stay in their PJs all day

BUSTED

#1: YOU ARE LESS PRODUCTIVE WHEN WORKING AT HOME

65% of remote workers are **more productive**¹ without the stress of coworker interruptions, commuting, and office politics.

They **work three more work weeks per year** than office workers.

At-home employees **work an extra 10 minutes per day**² than in-office counterparts.

SOLUTION:
If this isn't the case for you, you should take breaks, keep a to-do list, and set working hours.

#2: THE REMOTE WORK LIFESTYLE HAS UNIQUE PERKS

CONFIRMED

- \$4,523.04** annual savings on gasoline³
- 408 more hours of free time** per year without a commute
- More availability** for family, friends, and pets
- Greater flexibility** for a second job
- Ability to support spouse** working away from the home

PLAUSIBLE

#3: WORKING REMOTELY CAN RUIN YOUR HEALTHY EATING HABITS

It's tempting to snack all day when working so close to the kitchen, but remote work doesn't have to spoil your diet regimen.

SOLUTION:

- ✓ Keep primarily healthy foods around
- ✓ Set an eating schedule
- ✓ Avoid stress eating
- ✓ Limit yourself to one or two healthy snacks between meals

BUSTED

#4: YOUR SPOUSE AND KIDS WILL NEVER BOTHER YOU DURING BUSINESS HOURS

Your spouse and kids will never bother you during business hours.

SOLUTION:
An associate professor of psychology at the **University of Georgia recommends physical boundaries for your family**. For example, when the door to your home office is closed, they must pretend you are at work unless it's an emergency.

BUSTED

#5: FASHION HAS NO PLACE IN THE HOME OFFICE

Your house is a safe place to experiment with your look, so have some fun with it to make your day more exciting! See how you feel with a new hair color, a flashy print, or a unique hairstyle. It's your time to be creative!

#6: YOU TAKE SHOWERS MORE OFTEN WHEN YOU WORK FROM HOME

CONFIRMED

Let's be honest — we've all chosen extra sleep over a shower before. When you work from home, you have time for both without the commute to work!

PLAUSIBLE

#7: YOU ARE ALWAYS AT YOUR HOME COMPUTER BY 9 AM, READY TO ROLL

Some people have no problems switching from an office to a home work routine, but others desperately struggle to stay in the groove.

SOLUTION:
Keep your normal routine. **Wake up at the same time every day, get dressed, clock in at your designated workspace** on the dot, and pretend you're still headed into the office each morning.

BUSTED

#8: WORKING FROM YOUR BED IS ALWAYS COMFORTABLE AND NEVER GETS OLD

Laying in bed on a laptop all day makes it hard to distinguish work time from rest time and may make you sluggish. It prevents you from using your other work equipment and could cause "tech neck" and body aches.

SOLUTION:
Be deliberate. **Sit in an upright chair in an ergonomic position somewhere away from your bedroom, if possible. Use double monitors** and all other productivity-boosting accessories you may have.

#9: YOU FIND MORE TIME TO WORK OUT WHEN YOU WORK FROM HOME

CONFIRMED

Remote workers exercise **25 minutes more** than office workers each week.⁴

#10: REMOTE WORKERS LOVE TO STAY IN THEIR PJS ALL DAY

CONFIRMED

Most people will choose to be comfortable when they know they don't have to go anywhere, but this can interfere with productivity. Just because you can doesn't mean you should.

SOLUTION:
At home or at work, people dressed for the job are more productive.⁵ So get dressed in the morning — at least in business-casual attire — to set boundaries for yourself and get in the professional mindset. Treat it like a real job, because it is one!

Change can be intimidating, but we hope that having some useful information for this transition will help you view it as an opportunity for growth and empower you to march into the future with optimism.

Footnotes:
1 <https://www.flexjobs.com/blog/post/survey-flexible-work-job-choices/>
2 <https://www.businessnewsdaily.com/15259-working-from-home-more-productive.html>
3 <https://www.inc.com/marcel-schwantes/new-study-reveals-why-working-from-home-makes-workers-more-productive.html>
4 <https://finance.yahoo.com/news/remote-workers-more-less-life-160551366.html>
5 <https://www.sciencedirect.com/science/article/abs/pii/S002210312000200>