

EMPLOYEE TIPS

Working from Home



APRIL 2020

COVID-19 has left many working from home. The novel thoughts of working from home have been replaced by reality. This is new territory for many, and the fact is, it is stressful.



WORKING FROM HOME

With weak internet/mobile, two adults potentially working from home, and possibly kids to juggle, working from home is daunting. We encourage you to consider these few tips to help minimize some of the stress!

01

Designate a workplace. It might not be perfect, but do your best to find a structured place that provides space and as much quiet as possible. This physical space provides the mental mindset of entering and leaving work each day.

02

Stick to a schedule. There may be some fluctuation but try to start and end each day as you routinely would. One challenge of working from home is that it is always there and can be hard to step away from. Be careful of burnout.

03

Balance. For accountable players there is great consciousness to put in the time. This is great, but keep this pressure in check. If you need to care for your child's needs throughout the day, add a little time to the front of your day or shorten your lunch. But avoid extremes. Employers understand and if you are concerned, talk with your manager.

04

Complete something. There is no better feeling than getting something done. Plan to work on projects during the times that you find are most productive for you.



OTHER RESOURCES

We are drawing your attention to these items from CareersInFood.com, for additional employer and employee support during these times.

CareersInFood.com has compiled a list of resources relating to COVID-19 and the food & beverage processing industry.

US: [CareersInFood.com/covid19usa](https://careersinfood.com/covid19usa)

Canada: [CareersInFood.com/covid19canada](https://careersinfood.com/covid19canada)

CareersInFood.com

CareersInFood.com is not only for job seeking. We offer employees many resources to help them be their best on the job.

[CareersInFood.com/workers-in-food-processing-industry-critical-to-covid19-response-article-300.htm](https://careersinfood.com/workers-in-food-processing-industry-critical-to-covid19-response-article-300.htm)

Workers in Food Processing Industry Critical to COVID-19 Response

[CareersInFood.com/homeland-security-confirms-food-processing-industry-is-critical-part-of-covid19-response-article-301.htm](https://careersinfood.com/homeland-security-confirms-food-processing-industry-is-critical-part-of-covid19-response-article-301.htm)

Homeland Security Confirms Food Processing Industry is Critical Part of COVID-19 Response