COVID-19: Support for Employees & Managers Working Remotely

When you consider the sudden end to your commute and the opportunity to work in your favorite chair or beside a beloved pet, working from home may seem like a fun, stress-free change of pace. However, during a crisis such as the COVID-19 outbreak, there are additional challenges that can turn a remote workday into a less-than-enjoyable experience.

Your home may not be setup with the necessary equipment or connectivity for telecommuting. Your children may be home from school and inexperienced with the boundaries you need to complete your tasks. Your normal routine may become destabilized, creating issues with time management, sleeping habits, and eating schedules. You may feel disconnected from your friends and coworkers, which may deepen a sense of isolation and anxiety.

The important thing to remember is that you are not alone. Across the nation, employees who have been asked to take on remote work for the first time are wrestling with the same challenges and finding unique ways to overcome them. If they can find usable solutions to their new workdays, you can too. To help you find success, we've prepared a list of resources below to give you an opportunity to find your footing and create a plan of action that is flexible enough to adjust to your particular role, no matter how far you find yourself away from the workplace.

Search for these links on your EAP Work-Life portal at waynecorp.com to learn more:

A Guide to Managing Your (Newly) Remote Workers

How To Manage Remote Project Teams During The COVID-19 Outbreak

5 Tips For Effectively Working From Home During The Coronavirus Outbreak When You Have Kids

8 Tips To Make Working From Home Work For You

15 Questions About Remote Work, Answered

How To Work From Home Without Losing Your Sanity

Virtual Happy Hour Anyone? Working From Home But Keeping Connected/

For more Information or a confidential appointment call your EAP: 502-451-8262 or 800-441-1327