

## WORKING FROM HOME: MANAGING STRESS AT EASE

Many people are of the view that home based businesses are stress free. Actually speaking, a person may have to face a lot of stress when working from home. If the stress is not treated properly it might affect the person as well as the productivity of the work. When corrective measures are taken and the work is organized, some amount of stress is reduced, but the person should remain motivated and try to overcome from it fully. A person working from home may get stressed due to the loneliness nature of the work as there will be no boss or manager to guide or take care of the administrative work. Friendliness atmosphere is lost due to lack of colleagues etc. One of the biggest hassle working from home is the stress it causes. It is really impossible to lead a stress free life. Efforts should be to manage or reduce stress. There are several ways to cope up with the stress caused by work from home businesses so that the person doing the job can enjoy and excel in what he likes to do at the leisure of the home.

### **Tips to reduce stress when performing a home based business:**

Getting the work area organized and free from clutter will provide a little bit of relaxation to the person. The work area gets cluttered daily and it is unavoidable, but they can be kept in place either while leaving the work place or before starting the daily jobs. It will become a habit in the long run and it saves from stress.

The person doing the home based job should only commit what he will be able to do. Because, the deadlines can be very stressful to the person who has committed when cannot be met. It is better to set a realistic date of delivery and if possible to deliver the project before the said time, but should never delay not deliver beyond the said time. Thus the client and the person doing the job are free from stress.

All the jobs cannot be done by a single person, as it will lead to a stressful life. To avoid that delegation of work needs to be done properly, so that the job does not suffer.

Planning is very important to successfully finishing the job in a better way. It is also very important to avoid unwanted disturbances from others either through phone calls or who come in person to have a chat etc. It is better to see that there are no interruptions while working and plan to work on those undisturbed hours to stay away from stress caused by others.

In between the work time, some time can be taken to meditate or to exercise, or to go for a walk, or do anything which the person likes to do. It can also include a nap if desired which rejuvenates the person to work in a better and peaceful way.

Stress can also be caused due to health problems and sickness which can be overcome by eating a nutritious food, regular exercise and enough sleep. All the above things keep one refreshed and be prepared to meet any kind of day to day challenges at work.