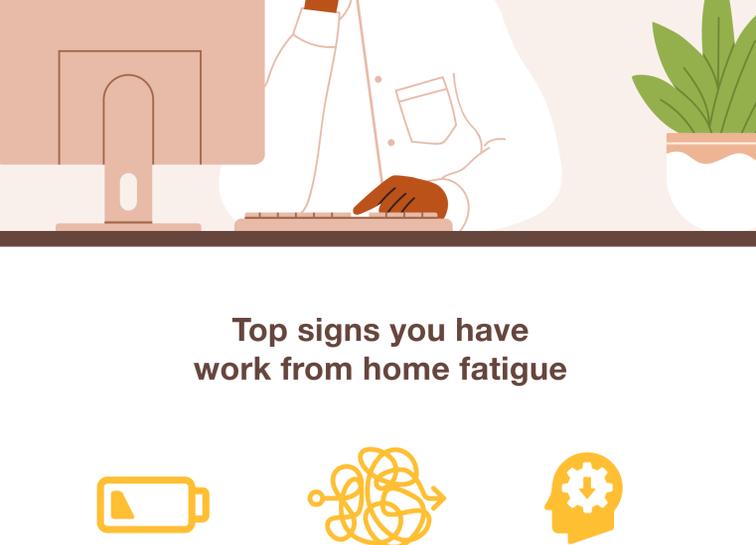
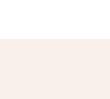


Spot signs of work from home fatigue

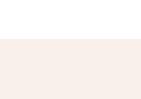
If you've reached the point where working from home feels like an endless day, you're sick of the same four walls and your motivation levels have plunged, you may be experiencing work from home fatigue — and it's time for a reset.



Top signs you have work from home fatigue



Feeling tired all the time



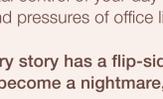
Finding it hard to focus



Lack of motivation



Work performance dropping



Desire for change

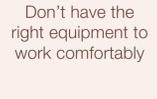


Craving company

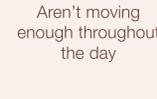
How can working from home cause fatigue?

What's so bad about working from home? After all, you get to relax in your favourite place, in total control of your day far away from the stresses and pressures of office life.

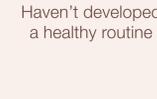
Of course, every story has a flip-side and even the WFH dream can become a nightmare, especially if you:



Are an extrovert and get your energy from being around others



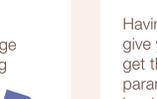
Aren't being well managed



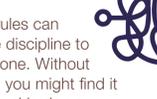
Work for a company with an 'always on' grind culture



Don't have the right equipment to work comfortably



Aren't moving enough throughout the day



Haven't developed a healthy routine

Homeworking Pros



Greater flexibility to manage your own work patterns.

Homeworking Cons



Having set rules can give you the discipline to get things done. Without parameters, you might find it harder to knuckle down.



At home you'll enjoy a better work-life balance. You can attend to personal matters during breaks.



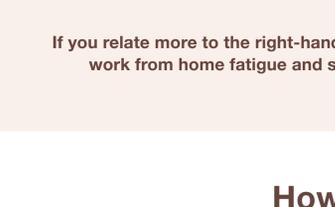
Personal matters can start to intrude on your work routine, especially if you live with other people.



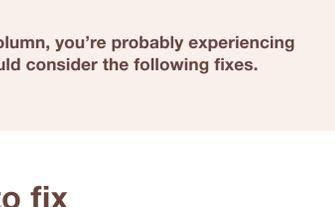
No more time and money wasted on train fares, dealing with delayed and cancelled trains, or sitting in traffic.



No commute means less physical activity. Especially if you're able to walk or cycle to work. That reduced activity will make a difference to your health over time unless you add it to your routine in other ways.



Enjoy the peace and quiet of your home without colleagues distracting you with chit-chat, or speaking loudly on the phone.



Working alone can feel isolating after a while. You may come to miss socialising with your co-workers and start to feel lonely.



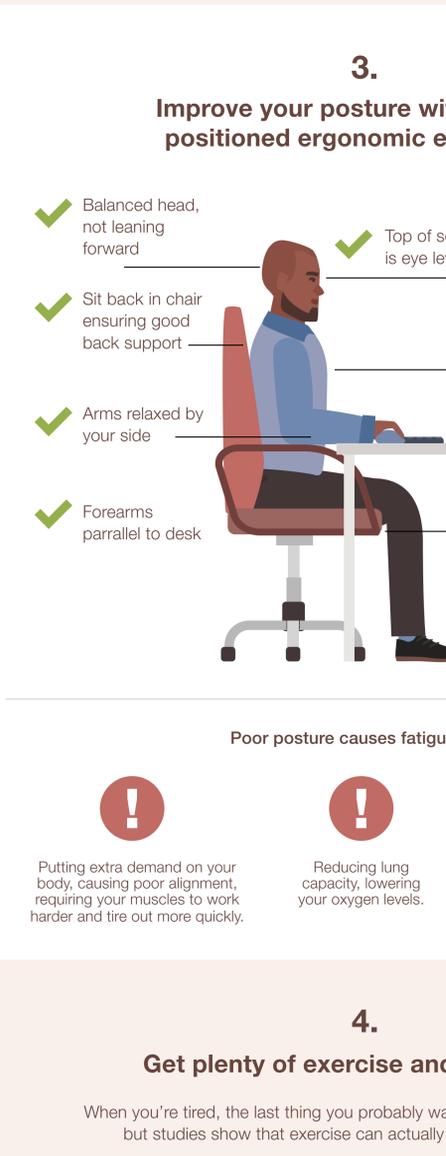
Work in the comfortable, familiar surroundings of your own home.



Homeworkers often neglect their posture and health.

If you relate more to the right-hand column, you're probably experiencing work from home fatigue and should consider the following fixes.

How to fix work from home fatigue



1. Talk to your manager

There may be other options for you, like hybrid working (spending some of the week at the office).



2. Find a shared office space

Going somewhere different to work for the day — or even for a few hours, gives you a reason to get up, get dressed and leave the house.



3. Improve your posture with suitably positioned ergonomic equipment

- ✓ Balanced head, not leaning forward
- ✓ Top of screen is eye level
- ✓ Sit back in chair ensuring good back support
- ✓ Screen approximately arm's length from you
- ✓ Arms relaxed by your side
- ✓ Space behind knee
- ✓ Forearms parallel to desk
- ✓ Feet flat on the floor or a footrest

Poor posture causes fatigue by:



Putting extra demand on your body, causing poor alignment, requiring your muscles to work harder and tire out more quickly.



Reducing lung capacity, lowering your oxygen levels.



Causing you to sit too close to your screen, resulting in eye strain and fatigue.

4. Get plenty of exercise and movement

When you're tired, the last thing you probably want to do is move more — but studies show that exercise can actually help reduce fatigue.



Get up and move every 30 minutes



Exercise regularly



Use a sit-stand desk

5. Establish a healthy working routine



6. Eat fatigue-boosting foods

The NHS recommends the 'energy diet', which involves:

- Eating at regular intervals
- Eating iron-rich foods (to reduce anaemia), such as dark green vegetables, beans, dried apricots and nuts
- Drinking 6-8 glasses of water a day
- Aiming for 5 fresh vegetables/fruit a day
- Not skipping breakfast
- Including starchy carbohydrates (good source of energy), such as pasta, rice, bread, potatoes and cereals
- Cut down on sugar

What next?

If you're really struggling with poor wellbeing and fatigue while working from home, it's always worth seeking advice from your GP — especially if you're considering a lifestyle change. You can find more detailed advice and suggested products on our [Guide to work from home fatigue](#).