



# 5 tips to combat work-from-home burnout in your employees

Working from home has its benefits, but it also comes with challenges, among them the inability to separate home life from work and disconnect. Here are some simple steps you can take to help your remote workforce manage stress and stay engaged, productive and healthy.

## ● TUNE IN BEFORE EMPLOYEES TUNE OUT

Regular communication, setting clear expectations and showing that you care are good steps toward having productive and happy remote workers. It's crucial to recognize the signs of stress and burnout and to provide the proper support when necessary.



## ● KEEP MEETINGS TO A MINIMUM

Zoom fatigue is real! Meetings are up 13% since people started working from home due to COVID. Consider marking meetings as "optional" if an employee isn't really needed at a meeting. This helps keep your staff in the loop while giving them a pass to focus on other more pressing items.

## ● RESPECT WORK- LIFE BOUNDARIES

With more people living and working in the same space, it can be hard to separate the two. Helping employees make that distinction is key to preventing work-from-home burnout. Use your email's scheduling function to avoid after-hours communication and encourage employees to 'close' their office during off hours.

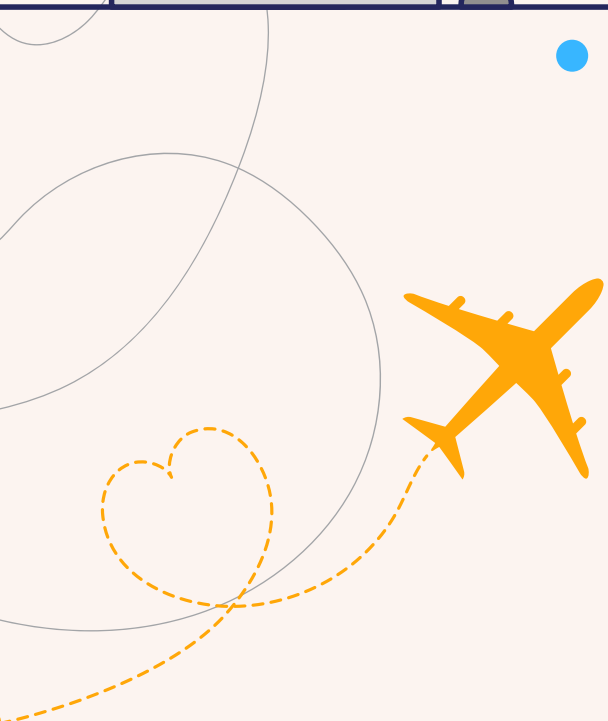


## ● SCHEDULE REGULAR CHECK-INS

It's been said that people don't leave bad jobs, they leave bad bosses. You can be a caring, supportive manager by setting up one-on-one time with each of your employees on a regular basis. Ask them about their workload and work-life balance, and be prepared to address concerns. This time is invaluable in helping you assess risk of burnout.

## ● MODEL GOOD BEHAVIOR

Your employees may be hesitant to take time off. They don't want to appear disengaged, even if they feel overwhelmed. Encourage employees to prioritize well-being and use their PTO - whether it's a sick day or a staycation. Managers can model this behavior by taking time off themselves and communicating that clearly with their teams.



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