

# How to OVERCOME FOMO WHEN WORKING FROM HOME



It's common for people who work from home to feel left out and anxious as their co-workers return to the office. **If you're a teleworker struggling with FOMO, here are some tips to help you feel more connected.**



## MAKE AN EFFORT TO ASSERT YOURSELF

**One of the biggest areas of concern for teleworkers is missing out on potential connections and work opportunities.** Being more proactive about putting yourself forward and making your voice heard will go a long way towards meeting your career goals.

## SOCIALIZE



**We're all social beings, so take time to socialize with office friends after work hours.** Catch up, share information, and focus on each others' well being. This helps to calm anxieties and feelings of isolation. It will also help you feel more connected and like you're not missing out on anything.



## STAY CONNECTED WITH COWORKERS



**Telework does not have to be less engaging.** Schedule daily **group check-ins, coffee breaks, or a virtual water cooler chat room** where you can spend a few minutes engaging with coworkers.

## BE AVAILABLE AND RESPOND QUICKLY



**Out of sight, out of mind.** As a teleworker, try to be available for impromptu meetings and chats, and to answer questions. Sometimes it can even be good to re-prioritize your tasks to help others.

## SHARE A WORKSPACE

**Co-working spaces create a sense of routine and stability.** They can cost as little as \$25 per month and help teleworkers feel less lonely and more inspired. For a free option, try a coffee shop or the public library.

**FREE RESOURCES AVAILABLE**  
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