

How to work from home (WFH) **like a boss** during COVID-19 isolation...

You've likely already seen some of these in various online forums and social-media posts – they're the best WFH tips we've seen, and they belong in your daily routine:



Stay active. Okay, this one feels like a “duh” at this point – but staying active keeps us physically healthy and mentally sane! Double bonus.



Dress for success. Get out of those sweatpants! You'll feel more productive if you dress for the “office” (and your isolation-mates will appreciate you showering and brushing your teeth more than once a week).



Connect. Reach out to the coworkers you'd normally talk to in the office. Message, call, and/or video-chat with them on a regular basis. And invite them to contests, send 'em Caught Yas, and otherwise use the Sonic Boom program to stay connected!



Establish a workspace. Create a space in your home that is just for work – preferably one with a door you can close when needed. “Go” to work in the morning, take a real lunch break, and “leave” work at night.



Get outside. Fresh air and a dose of vitamin D does the body (and mind) good! Just be sure to mind the 6-foot rule and don't touch anything (bring some sanitizer along just in case).

Most of us here at Sonic Boom are new to this whole WFH thing (just like you!). Here's what's been working for us so far:



Keep learning. Break up your days with interesting articles, documentaries, podcasts, or e-learning resources.



Practice self-care. Check in with yourself and make sure your mental health is priority number-one.



Don't compare. This will help with the previous tip – get off social media and stop comparing yourself to others' seemingly carefree quarantine stories. You're doing your best, and that's enough!



Set expectations. Come up with a plan with your spouse / housemate and stick to it. Close the door to your workspace, put on noise-cancelling headphones, or make a Do Not Disturb sign if necessary.



Plan something to look forward to. Search for flights for a trip next year, plan a virtual happy hour with friends, or brainstorm at-home date ideas with your spouse!



Take it easy. Focus on your job like you normally would. You don't need to learn a new skill, organize your whole house, or become an award-winning 3rd grade homeschool teacher because you're physically at home. Take that giant non-work-related to-do list and choose just ONE thing to accomplish today.



WFH with kiddos?

- Wake up before they do. Use their sleepest hours to hammer out some work.
- Give them your attention. Set aside specific time chunks that are dedicated to the kids (and the kids only!). This will allow you to focus on work (and work only!) at other times.
- Work in shifts. If you're WFH with a partner, establish who is in charge at what times. You should each have time dedicated to kid-corralling and dedicated to working.

Stay engaged from near or far!

Share your tips, catch each other, create custom contests, and more

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