

Forum:[Hack Forums](#)

Thread: [How Do You Prevent Burnout While Working from Home?](#)

eXceptional - December 21, 2024, 1:47 pm

Working from home can be great, but burnout is real. How do you keep your balance?

I set clear work hours and make sure to take breaks away from the screen. How do you manage it?

sharn - December 21, 2024, 1:54 pm

I stick to a schedule, take breaks and separate work and personal time.

BlackRock - December 21, 2024, 1:57 pm

I make sure that I meditate and take a walk every day

Bashe - December 21, 2024, 3:10 pm

Going to sleep and dealing with it later always helps.

Phantom_NiNja - December 21, 2024, 3:30 pm

(Dec 21, 2024 02:47 PM)eXceptional Wrote: [\[CITE\]](#) Working from home can be great, but burnout is real. How do you keep your balance?

I set clear work hours and make sure to take breaks away from the screen. How do you manage it? What kind of remote work do you do? I just normally step away from the computer and go for a walk or do something to relax.

eXceptional - December 21, 2024, 11:17 pm

(Dec 21, 2024 04:30 PM)Phantom_NiNja Wrote: [\[CITE\]](#) What kind of remote work do you do? I just normally step away from the computer and go for a walk or do something to relax.

It's not actually remote work but I took a break from work recently for 3 months. My boss asked me to work from home as he needed me and so I did.

Phantom_NiNja - December 22, 2024, 10:43 am

(Dec 22, 2024 12:17 AM)eXceptional Wrote: [\[CITE\]](#) It's not actually remote work but I took a break from work recently for 3 months. My boss asked me to work from home as he needed me and so I did.

You're lucky...cuz when I worked in person before. I never had this option. I would be required to show up. I remember working at a grocery store and they would nickel and dime me. I remember towards the end when I quit. I worked there 2 years but we were always shorthanded. The last year we were really shorthanded people were quitting and some got fired screwing things up. I had to do like 8 jobs in a given day. So, since it's not physically possible to do all that work. I would always get yelled at by my team leader and upper management. It took a toll on my mental health. Then the last week I worked there I had dreams of a semi-truck with their brand name hit me head on when driving to work. I knew it was a sign of burnout. I then got up drove to work 1 hour early and sat in the parking lot. I then decided to go in at the last minute because normally when I am early which I am always 1 hour early. They make me do work before clocking in. So, this time I started to walk in 10 minutes before my shift started. I went thru the side door that we are supposed to use and this time it was hard to open the door. Someone locked the door and had to come over to unlock it. Once I got in it was exactly the time my shift started. However, I was in the entry part where the doors were.. I then walked into the store at that point the cameras determined I was 15 seconds late. I was written up. I think that week I got written up 3 times. One for being 15 seconds late and one for stocking stuff incorrectly which wasn't me because that isn't my job. I do price changes etc.

Then I got written up for taking long breaks which wasn't true. They pretty much didn't want me taking any breaks. So, I just gave notice that I quit and left the job. The people there knew I had a college degree so all the workers hated me on day one. They thought I thought I was better than them. So, they went out of their way to screw around with what I needed to do and management don't look at cameras. They would tell you that they don't have time to look at them and they believe the workers that worked there longer than me.

I can go on and on. I work at another place 3 days a week and then the remainder I manage a couple of business of my own.

Michael - *December 22, 2024, 11:41 am*

Take breaks and get some coffee.