

Forum:[Hack Forums](#)

Thread: [WFH Distractions](#)

Hern - October 15, 2026, 11:37 am

For those that work from home, how do you stay locked in?

I am not at home often but when I am it is difficult to have my cats not start meowing while on a call and if I close the door so they don't come in, they just paw at it nonstop the whole day.

There has to be a solution I have not thought of yet but I am sure there are some interesting setups you all have on solving this or if you just work around your pets or distractions like outside lawn care work things.

Bastille - October 15, 2026, 10:11 pm

Take breaks, work from a room you'll do nothing in (such as an office, avoid rooms where you usually do something else), put your phone away from you if you can and if you're easily distracted by notifications and go with doom-scrolling, use a computer or an OS dedicated to working (so you don't have discord, youtube, ...). When starting at morning, define which tasks you want to complete during the day.

spiral - October 16, 2026, 3:24 am

(38 hours ago)Hern Wrote: [\[CITE\]](#) For those that work from home, how do you stay locked in?

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I get distracted in the office nothing new

Hern - October 16, 2026, 8:17 am

(22 hours ago)spiral Wrote: [\[CITE\]](#) I get distracted in the office nothing new

Yeah I suppose I am over paranoid and if its common in office it should be OK at home too...

spiral - October 16, 2026, 8:18 am

(17 hours ago)Hern Wrote: [\[CITE\]](#) Yeah I suppose I am over paranoid and if its common in office it should be OK at home too...

If your work gets done I don't see an issue but I know some managers are odd

Yin Yang - October 16, 2026, 8:18 am

Got to have a quiet place. I have a cat myself, so I get it

Hern - October 16, 2026, 8:23 am

(17 hours ago)spiral Wrote: [\[CITE\]](#) If your work gets done I don't see an issue but I know some managers are odd

Old school managers could care less if the work gets done. If they cannot micromanage and see what you are doing 24/7 and working on something that matters then they get upset LOL