

# How to KEEP Motivated When You Are Working from Home – Part 2



Most people find working from home to be challenging. With COVID-19, we could very well be working from home for a while yet. There are tons of distractions. Whether you're home alone and the house is too quiet, or you're home with the family and the kids are out of control, you may find it's tough to stay on task, get your work done, and feel productive. The following are the second set (6 to 10) strategies that will help you stay motivated:

**6. Reward Yourself** You might find you work best when you know there's a little reward waiting for you. Tell yourself you can watch your favorite show if you get your work done by 6 p.m. or have a cup of your favorite tea. A little [incentive](#) can go a long way toward helping you get work done efficiently.

**7. Challenge Yourself** Sometimes, a little challenge can help get you moving, too. Try to write a certain amount of words in 30 minutes. Once you see how many words you can do, then try beating that during the next 30-minute time slot. Maybe a change of scenery will help you out. Do you type faster when you're sitting at the kitchen table, or perhaps you have better focus right after lunch.

**8. Practice Good Self-Care** You'll never be at your best if you're exhausted and running on caffeine and sugar only. You need a healthy diet, plenty of rest, and good self-care strategies to perform at your peak. Eating a healthy diet might not be as easy when you're limiting your trips to the grocery store. And video chatting with friends isn't the same as meeting in person. So take a step back every once in a while and ask yourself what else you can do to better take care of yourself.

**9. Experiment With Different Strategies** There are plenty of online tips about how to work well from home. But everyone is different. And what works for one person might not work well for another. So it's important to experiment with different strategies to discover what works well for you.

**10. Practice Regulating Your Emotions** Research shows we tend to put off tasks that stir up uncomfortable emotions. If you're anxious about a medical appointment, you might not be motivated to call the doctor. Or if you don't want to make a work call that you know you might get resistance or have some issues, then a Netflix program might be more appealing. Remember when you're working from home, there are always plenty of opportunities to engage in something more fun than the work you're supposed to be doing. So consider what emotion you're trying to avoid, and remind yourself how good you'll feel when you get the project done.

Working from home can be challenging in the best of circumstances. Many struggle to keep up or stay motivated. If you have tried some of these techniques but still think you could benefit from talking to a counselor, give Best Care EAP a call at **402-354-8000** or **800-801-4182** or email [eap@bestcareeap.org](mailto:eap@bestcareeap.org). **Counselors are just a phone call away.**