



Image via [Pexels](#)

A Quick Guide to Beating Burnout as a Remote Worker

If you've been working from home for months or even years, you've probably experienced the benefits of remote work — as well as some of the disadvantages. Burnout, for instance, is common among remote workers, especially those who struggle to maintain a healthy work-life balance while working from home. Some [common signs of burnout](#) while working remotely may include changes to your physical health (like headaches or gastric problems); increased anxiety, irritability, or depression; sleep difficulties; and a loss of interest in everyday life.

If you're currently feeling burned out while working remotely — or you think you could be slipping into a work-from-home burnout — these expert tips can help.

Interested in changing careers? [Quest Staffing Services](#) can get you on the right path! View our [job listings](#) today!

Improve Your Work-Life Balance

For many remote workers experiencing burnout, poor work-life balance is to blame. But fortunately, [improving this](#) is as easy as:

- Making time for the things you love, like new or old hobbies.
- Refraining from checking your work email after you've stopped working for the day.
- Using your [paid time off](#) to kick back at home or set off on a vacation.

If you don't have any hobbies or activities that you enjoy outside of work, now is the time to pick up one. Different [types of hobbies](#) include reading, yoga, knitting, indoor and outdoor gardening, baking, running, weight lifting, painting, puzzles, and board games — the list goes on! Organizing, cleaning, and decluttering your living space can also relieve tension and [bring calm](#) to your home.

Pencil in Weekday Workouts

Even if you only have 15 or 30 minutes to spare during the workday, a quick afternoon workout can be a great strategy for overcoming work-from-home burnout, anxiety, stress, and boredom. According to [Stephanie Mansour of CNN](#), cardiovascular exercise has been shown to decrease emotional exhaustion and distress, while resistance training reduces stress and increases well-being.

Moreover, you don't need to spend an hour or longer working out to reap the physical, mental, and emotional benefits of exercise. For many, just five minutes of cardiovascular exercise is enough to alleviate stress and anxiety.

To help you keep track of your time and progress while exercising throughout the workweek, it may be worthwhile to invest in a smartwatch or [fitness tracker](#). Something as fancy as a smartwatch isn't required while working and exercising from home, but many devices come equipped with impressive features that not only track fitness but keep you healthy and safe during workouts.

Consider a New Job or Career Path

In some cases, your job or career path may be partly to blame for the work-from-home burnout you're experiencing. And if beating burnout means [changing careers](#), [Quest Staffing Services](#) has a variety of positions available so you can get on the path to success as you search for a new job.

Final Words

With so many people working remotely during the pandemic and spending most of their evenings and weekends at home, it's no wonder why workers are feeling more drained, stressed, and anxious than ever before. While many employees were forced into working from home without much time to prepare, even those with years of remote work experience have been faced with new challenges amidst COVID-19.

If you're experiencing burnout while working from home, these tips will help you to create a healthier work-life balance, alleviate stress and anxiety through regular physical activity, and decide whether it might be time to pursue a new career path. If you make the right changes, it's very possible to overcome work-from-home burnout and find more enjoyment in the career you know and once loved.