



# 5 THINGS THAT WORRY REMOTE WORKERS

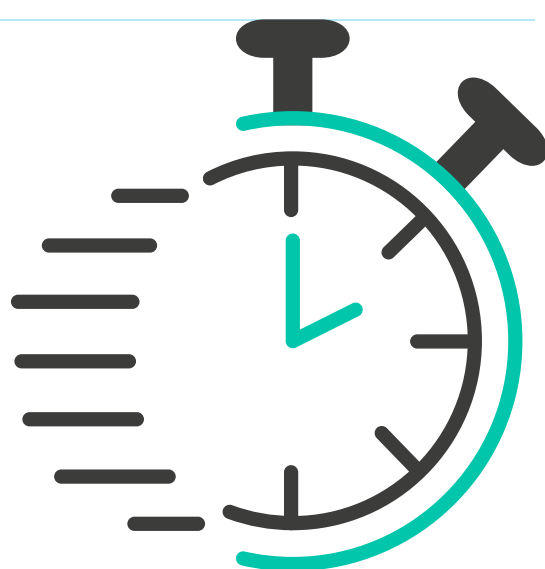


## DISCONNECTION

We are made to be social creatures and some employees will struggle with being alone with their thoughts in isolation

## HYPER VIGILANCE

Employees can work over work or work longer hours if they feel concerned they are not seen to be working like they normally would

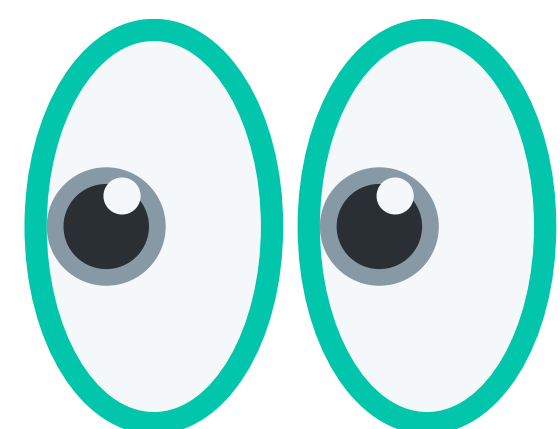
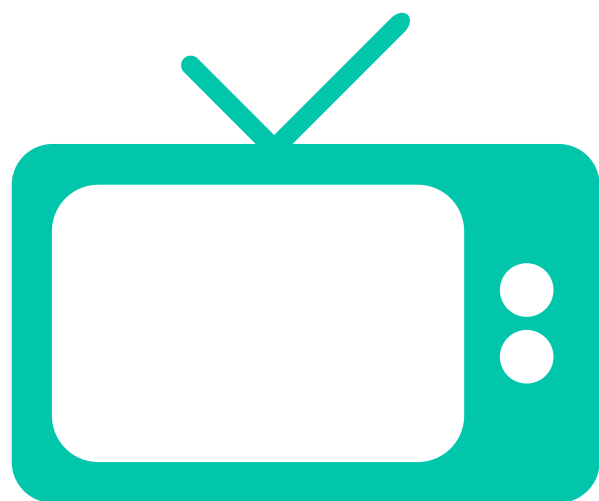


## BLURRED LINES BETWEEN WORK & HOME

Employees that struggle to set up new routines or establish separate home offices can blur the lines between work and home

## INCREASED DISTRACTIONS

Avoiding distractions such as general house chores, watching TV or anything to avoid work is a common worry for remote workers



## NOT BEING VISIBLE

Some employees, especially the overachievers or ambitious employees, worry that they will not be noticed or as visible as they once were