

10 Easy Tips for Dealing with the Isolation of Working from Home

Recently, one of my colleagues posted this update in a Facebook Group we belong to:

“Do any of you ever get tired of your whole work-life being online? I’m starting to think that my nagging depression is related to not working in the real offline world. I’m starting to consider changing to start a business or job where I get to talk to real live people”.

Working from home has its merits. The

flexibility to plan your work around your life, not the other way round, the control you have with the flow of your work and the hours you add back to your day from not having to commute further than the stroll from your bedroom to your office (or dining table).

With all these advantages, why isn’t everyone clamoring for this work arrangement?

Working from home has one big drawback that [burns people out](#) and makes them depressed, and that’s social isolation and loneliness.

In a [survey of 258 women working from home](#), isolation ranked as their number ONE frustration with this work arrangement

Working in perpetual loneliness is only for a select few. Most of us crave social interactions and being part of a community.

