

## SETTING UP THE ULTIMATE

## WORK FROM HOME ENVIRONMENT



of managers report that employees who work from home increase their overall productivity.



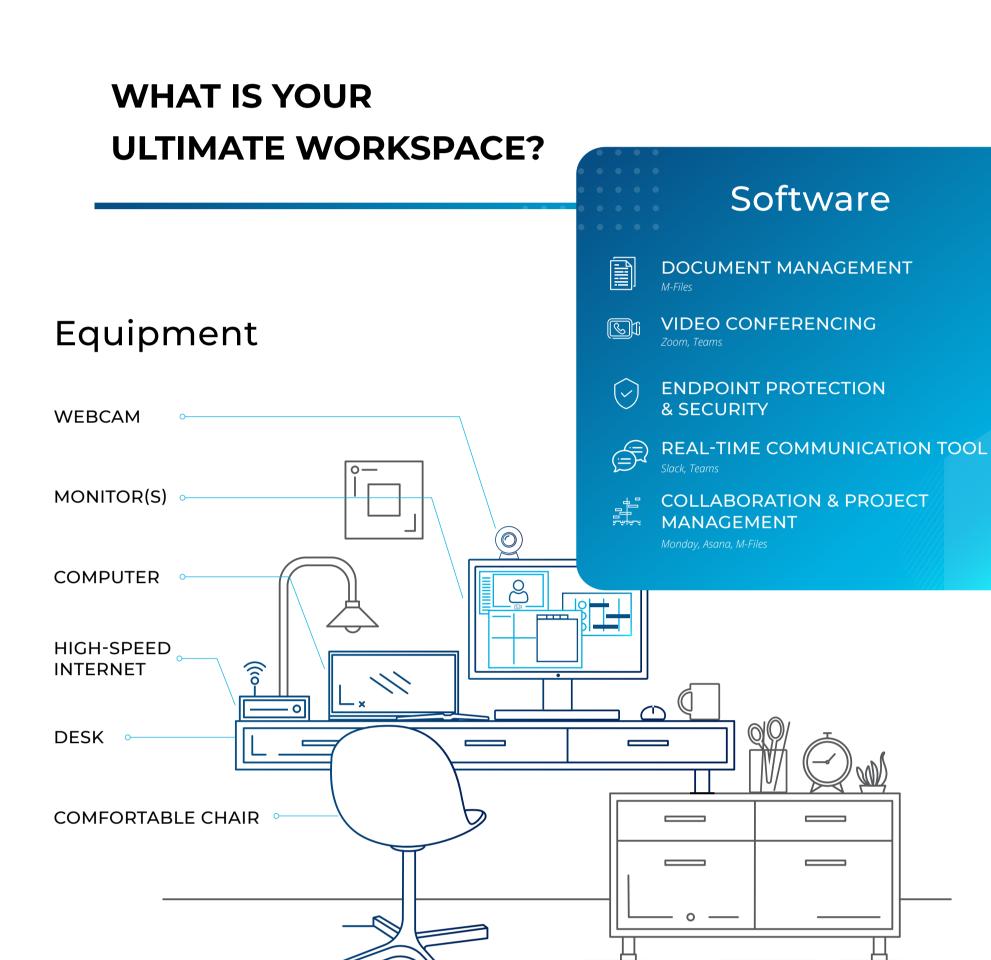
86% of employees say they're most productive when they work alone - devoid of distractions like inefficient meetings, office gossip, or loud office spaces.



Employers who offered a work from home option had employee turnover rates fall by over 50%



68% of millennial job seekers said a work from home option would greatly influence their interest in working for a company



# TIPS FOR STAYING PRODUCTIVE **W**ORKING FROM HOME



#### ALL SET UP. Monitor, keyboard, mouse, chair, printer... get everything you need

set up the way you like it.



### OFFICE SPACE. You need an office space that is for

business only. Your work setup should be separate from your personal setup.



#### **USE QUALITY TECHNOLOGY** TO STAY CONNECTED. You need basic technology to stay

connected — project management, collaboration, communication and document management.



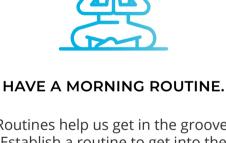
## GET DRESSED.

Taking a shower and getting properly dressed goes a long way towards feeling energized and ready for the day.



### Make a schedule and stick to it. Know when to work and

when to call it a day.



### Routines help us get in the groove. Establish a routine to get into the

right headspace.





Exercise gives your body a jolt of

endorphins. Take one of those breaks

and stretch or go for a walk. You'll feel

so much better afterwards.

#### AND LAY OUT A FEW RULES. Have a family meeting and lay some ground rules about the space you need

to be productive working from home.

LEAVE HOME IF YOU CAN.

Try to step away from your

workspace regularly. The fresh

air and natural light are a

welcome sight.

HAVE A SIT-DOWN WITH THE FAMILY



Allow yourself to take a lunch

hour and a couple fifteen-minute

breaks to clear your head.

#### **DISCOVER YOUR HIGH** PRODUCTIVITY PEAKS. Find out what your most productive

times of day are and build your work

schedule around those periods.



#### **UPDATE YOUR TO-DO LIST EVERY DAY.** It can be challenging to keep track of your priority items, tasks and

to-do list and update it daily.

deadlines. Make it a habit to use a





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