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Hygiene tips pdf

Photo via roadsidepictures/flickr. This week on update, we're talking about personal hygiene with professional clean man Jolie Kerr. Jolie was a cleaning expert for Esquire, Deadspin and Hairpin, and she's the author of the new York Times best-selling book, My Guy Barfed in My Handbag . . . and other things you can't ask Martha. And starting next week, she will be writing a column for offspring on how to be a pure parent. Jolie wants to know your deepest, dirtiest hygiene issues. The ones you Googled to no avail. The ones that haunt you longer than the pit stains on your favorite shirt. Here are some she's answered in the past to inspire you. So we invite you to bring in funk. What do you want to know about personal hygiene - your own or another? We hope you love the products we recommend! All of them were chosen by our editors independently of each other. Just so you know, BuzzFeed can collect a share of sales or other compensation from a link on this page if you choose to shop from them. Oh, and FYI - Prices are accurate and items in stock at the time of publication. Last updated September 28, 2020, at the beginning of the year, if you asked someone if they could do their job from home, many would say no. They would point to the need for meeting groups, a place to be able to sit down and get on with their work, camaraderie in the office, and the opportunity to meet customers and clients face to face. Nearly ten months later, most of us learned that we can do our work from home and in many ways, we found working from home much better than doing our job in a busy, noisy office environment where we are inundated with distractions and noise. One of the things the 2020 pandemic reminded us is that we humans are incredibly adaptable. This is one of the strengths of our family. However, we have been unknowingly practicing this for many years. When we move home, we go through huge shocks. When we change jobs, we not only change our work environment, but also change the people around us. People adapt, and this adaptability gives us strength. So, what are the pros and cons of working from home? Below I'll eat some of the things I've discovered since I made a change in being predominantly a person who works from home. Pro #1: A quieter start to the day is one I love. When I had to be at work in the past, I always set my anxiety to give me enough time to make coffee, take a shower, and change. The morning was always like a rush. Now, I can wake up a little later, make coffee and instead of rushing to get out of the door at a certain time, I can spend ten minutes writing in my journal, reviewing my plan for the day, and start the day in a more relaxed mood. When you start the day in a relaxed state, you start positively. You'll find that you have more more and more attention, and you don't waste energy worrying about whether you'll be late. Pro #2: A quieter, focused time and increased performance. If a colleague or boss can see that you are sitting at your desk, you are more approachable. It's easier for them to ask you questions or to engage you in meaningless conversations. Working from home allows you to close the door and get an hour or two of quiet focused work. If you close the slack and email, you avoid the risk of being disturbed, and it's amazing how much work you can do. An experiment conducted in 2012 showed that working from home increases a person's productivity by 13%, and more recent studies also show a significant increase in productivity. When our productivity increases, the amount of time it takes to do our job decreases, meaning that we can spend more time on activities that can bring us closer to our family and friends, as well as improve our mental health. Pro #3: More control over your DayWithout bosses and colleagues watching us all day, we have a lot more control over what we do. While some works will inevitably be more urgent than others, we still get a lot more choice about what we are working on. We also get more control over where we work. I remember when we were working in the office, we were given a fixed workstation. Some of these workstations were pleasant with lots of natural sunlight, but other areas were less pleasant. It's often a good place to be. Working from home, we can choose what work to work on and whether we want to run into the window or not. We can get up and move somewhere else, and we can move from room to room. And if you have a garden, on good days you can spend a few hours working outside. Pro #4: You can choose your office environment While many companies will provide you with a laptop or other equipment to do your job, others will give you an allowance to buy your equipment. But with furniture such as your chair and desk, you have a lot of freedom. I've seen a lot of amazing home jobs with lovely set-better chairs, laptop stands that make the work with a laptop much more ergonomic and therefore better for the neck. You can also choose wall art and small nick-nacks at your desk or desk. With all this freedom, you can create a very personal and excellent work environment in which it is pleasant to work. When you are happy to do your job, you will inevitably do better. Con #1: We move a lot less when we drive to the place of work, there is movement involved. A lot of people drive public transport, which means walking to a bus stop or train station. Then, there is a traffic at lunchtime when we go out to buy our lunch. Working in the workplace requires us to move more. Unfortunately, working from home naturally makes us move less, and that means we don't burn as many calories as we need. Moving is essential to our health and if you work from home, you need to become much more aware of your movement. To make sure you move enough, make sure you take lunch breaks. Get off your desk and move. Go outside if you can and take a walk. And, of course, refrain from regular trips to the fridge. Con #2: Less Human InteractionOne of the most beautiful things about bringing groups of people together to work camaraderie and relationships that are built over time. Working from home takes us away from this human interaction, and for many, it can cause a sense of loss. People are a social species, we have to be with other people. Without this connection we begin to feel lonely and this can lead to mental health problems. The meeting is scaled up and microsoft Teams can't replace this interaction. Often, the interactions we get at our workplaces are spontaneous. But with video calls, there's nothing spontaneous - most of these calls are in advance, and it's not spontaneous. This lack of spontaneous interaction can also reduce the team's ability to develop creative solutions- there is just something about a group of incredibly creative people coming together in a room to thrash out ideas together that lends itself to creativity. While video calls can be helpful, they don't match the connection between a group of people working on the solution together. Con #3: The cost of buying Home Office equipmentSE not all companies are going to provide you with a good allowance to buy expensive home office equipment. 100% of remote companies such as Doist (creators of Todoist and Twist) provide a \$2,000 allowance for all of their employees every two years to buy office equipment. Others are not so generous. It can prove expensive for many people to create their ideal work from home workspace. Many people have to do with what they already have, and that could mean inappropriate chairs that damage the backs and necks. In the future, which is likely to include more flexible working mechanisms, companies will need to support their employees in a way that add additional costs to the already reduced bottom line. Con #4: Unique distractionsS Not all people have the advantage of being able to afford the care of young children, meaning that they have to balance work and care for their children. For many parents, being able to go to work gives them time away from the noise and demands of a young family so they can get to their work. Working from home removes this and can do almost impossible. To overcome this where possible, you need to set some boundaries. I know it's not always possible, but it's something you need to try. You have to do your best to make sure you have some between your working life and home life. Final ThoughtsWorking from home can be extremely beneficial to many people, but it can also bring serious problems to others. We are moving towards a new way of working. Therefore, companies should consider both the pros and cons of working from home and be ready to support their employees in this transition. It won't be impossible, but a lot of thought would need to into it. Read more about working with HomeFeatured Photo Credit: Standsome Worklifestyle via unsplash.com Last update September 28, 2020 At the beginning of the year, if you asked anyone if they could do their job from home, many would say no. They would point to the need for meeting groups, a place to be able to sit down and get on with their work, camaraderie in the office, and the opportunity to meet customers and clients face to face. Nearly ten months later, most of us learned that we can do our work from home and in many ways, we found working from home much better than doing our job in a busy, noisy office environment where we are inundated with distractions and noise. One of the things the 2020 pandemic reminded us is that we humans are incredibly adaptable. 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