

5 Tips for Working from Home for the WAHM



By Melanie Edwards
(ModernMami)
ModernMami™.com

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It's been nearly two weeks since I [left my full-time job](#) and have been [working from home](#). In the last two weeks, I've had days that were really really productive and days that were *not very productive* at all. In thinking back, there were things I did differently on those days that perhaps had an effect on my productivity. I realize now that just a few changes in my routine or habits for the day provide me with a greater chance of **getting things done**. With that, I share with you *my personal tips for working from home*.

5 Tips for Working from Home for the WAHM (or anyone really)

1. No TV

This should come as no surprise, but it's worth repeating. If I try to work on the laptop and watch TV at the same time, one of the two suffers. So, what's the point in *wasting energy* by having the TV as background noise if I'm concentrating on work? Or conversely, what's the sense in having my work suffer because I keep pausing to look up at the TV? *Choose one or the other*. This will also help with saving money on the power bill.

2. Listen to Appropriate Music

I am a person that needs music to be able to work. When working in total silence, my brain doesn't function. I know, it's a little contrary to how most people function. But, for me, the silence is *ear splitting* and doesn't let me think straight. So, I always have music on.

However, there are certain types of music that allow me to get more work done than others. I've found that lately, listening to more acoustic or [chillout music](#) has helped me when writing or when just brainstorming ideas. That's a personal taste, but the idea is to **find music that inspires you and help the ideas flow**. You don't want to be distracted by the music.

3. Sit at a Desk

When I **worked outside the home** all day, I was accustomed to working on my [social media and blogging business](#) at night by sitting on the couch on my laptop. This worked fine at the time since it was only a couple of hours each night. But, now, I realize that the days I tried the same method, I didn't get as much accomplished as the days that I sat down in a proper chair at a table. We have an actual office area with a desk, but it's at the very back of the house and I've found our dining table more appealing since it's in a brighter part of our house. If you have a desk and office space that you've made your own, then even better! Either way, though, sitting upright instead of slouching down into the comfy couch works much better.

4. Eat and Drink Properly

I am the worst about this. I will go hours and hours and forget to eat. Or just plain ignore the hunger signs. I even [tweeted about it](#). I get so caught up in the work, that getting up to get something to eat is pushed to the side sometimes. The same for drinking water or any fluids. But, that is *so bad*. So, I have to remind myself to take a break and get some food and a bottle of water. It helps me in not just feeding my brain so that I can continue to be productive, but also provides a quick mental break and has many times allowed for new ideas to flow.

5. Shower and Get Dressed

This may seem ridiculous to include since I think we all know not to go around stinky and naked, but what I'm really saying is **do this early in your day**. The days I worked in my PJs and waited to shower until the afternoon, I felt out of it. I fed into the feeling and didn't really do much. When I shower early on, it helps me feel refreshed and ready to get things going. And you don't have to sit around your house dressed like you were going to a business meeting either – unless you want to. Just change out of your “*bumming around the house*” clothes.

So, go ahead. Try some of these simple ideas and see if you feel better about yourself during the day and in turn, get more done.

You can find more [resources on productivity](#) from those I've saved on [delicious](#)

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Melanie Edwards is a [ModernMami™](#). As a [Latina working mother](#), she provides an honest depiction of the everyday humor and drama in the life of today's wife, mother and woman from a Latina perspective. She often blogs about the special concerns working mothers have in attempting to achieve a work-life balance. Melanie lives in Orlando, FL with her husband of nearly seven years and 3-year-old daughter.

For more resources and musings from Melanie, you can visit her at [ModernMami™.com](#).