

The Many Benefits of Working From Home

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Many employees have jumped at the opportunity of working from home, given the state of the pandemic. It isn't difficult to see why the majority of people would prefer to continue working from home instead of heading back to a stuffy office.

In FlexJob's 2019 annual survey, specific groups of people highly value work flexibility including:

- artists
- Freelancers
- Introverts
- Mentally ill
- students
- pet owners
- caregivers
- military spouses

We will touch on five of the advantages of working from home, including financial gain, taking less sick days, fewer employees quitting their jobs, being more productive, making a positive impact, location independence, and having a customizable workspace.

1. Everyone Saves Money

So the most apparent money-saver is getting to avoid that hour-long gas-guzzling commute that had you scrambling for new podcasts. Working from home saves you money and provides an extra hour to spend time focusing on tasks for work! You don't have as much wear and tear on your car, you don't have to pay a parking fee downtown, you don't have to have the perfect wardrobe, and you'll spend less by not eating lunches and having coffee out.

It's not just the workers who are saving money either. Office space is expensive, so by using less and having days when everyone works remotely saves on lighting and air conditioning costs. You do not have to buy paper or other office supplies, snacks, or water for the cooler on those days.

Everyone gets to relax and set aside those savings for what's truly important. A company can save \$11,000 per year per employee that works from home part of the time, according to Global Workplace Analytics.

2. You're Less Likely to Call in Sick or Quit Your Job

Giving employees the chance to work remotely means work-life balance is in order. It creates happier workers, improves their satisfaction, and company loyalty. With those circumstances, you're less likely to call in sick or quit because of something minute.

When you work from home, you're happier and deal with less stress. Happier employees are less likely to quit, especially since you do not have to deal with "Office politics" or the over-micromanagement of a boss.

72% of employers have said that remote work has had a high impact on employee retention, according to Global Workplace Analytics. You are also 52% less likely to take time off work, according to email analytics. According to Email Analytics, turnover is 25% lower in companies with remote positions.

3. Positive Impact on Quality of Life and Health

FlexJob's 2019 annual survey stated that 44% said a job with flexibility would have a significant improvement in their quality of life, and 53% said it would have a positive impact. With flexibility, you are able to get that balance you need to juggle all your work, appointments, errands, and chores.

Having flexibility means you can work around your schedule when it's most convenient for you. In the same survey, 78% of people reported having a flexible job would allow them to live healthier lives (eating better, exercising more, etc.) 86% said they would be less stressed with added flexibility. This shift in work style improves your happiness and well-being.

4. You are More Productive than Those at the Office

FlexJob's annual 2019 survey concluded that 65% of professionals think they would be more productive working remotely as opposed to working at a traditional office. Only 3% say they would be more productive at the office instead.

Reasons Workers Would Be More Productive in the Home Office:

- Meetings are less frequent and more efficient
- The office environment is personalized
- More comfortable wardrobe
- A quieter environment with fewer distractions and interruptions
- Reduced stress from commuting

A survey by Email Analytics shows 77% of people working from home report higher productivity, and 82% of telecommuters report lower stress.

5. Your Location Independence and Customizable Office

When working remotely, you don't always have to work from home or the coffee shop. You can sit in a field full of sunflowers out in the country tethered to the hotspot on your phone, and enjoy the beautiful countryside while working. You can take that trip to the Caribbean you've always wanted to go on, not limited by having to show up at a brick-and-mortar office.

You have the freedom to set up an office in your kitchen or bedroom or take over that corner by the window that lets the sunlight reach your space. Or you can set up a desk on the patio in the shade, surrounded by plants and flowers, something you would never be able to do in a traditional office setting.

Or you can light a candle, grab a cozy blanket and your laptop, and plop down on the couch. Paint an accent wall, set up a small fountain, and play the sounds of nature. However and wherever you work is up to you, and no one can stop you from being as creative as you wish!

Wrapping Up the Benefits

Working from home is convenient and better on your wallet and your health. You have more options for your desired workspace, and you are more likely to have a flexible schedule, so long as you are productive!

You can work around doctor appointments and keep an eye on kids and pets (saving money on childcare and pet sitting!) You're helping the environment by giving up your commute, even if it's only a couple of days a week.

You're still reducing your carbon footprint and giving yourself extra time to focus on what matters. Working from home is so beneficial, you'll wonder why we didn't all make this transition sooner!