

5 Ways to Manage Work-from-Home Paranoia

What Is Work-from-Home Paranoia?

Paranoia is most commonly known as a state of distrust or fear in which someone misinterprets an ambiguous situation in a negative way and feels some type of persecution. For example, paranoia can occur after common remote work interactions such as a misinterpreted comment from a peer or a misread action done by a superior.



Fifty-one percent of employees who are currently working from home worry their manager doubts their productivity.
(Source: Achievers)

What Might Cause It?

Work-from-home (WFH) paranoia may be caused by a variety of factors, such as:

Misinterpreted feedback

Lack of clear communication

Delays in email responses

Company culture

Ways to Manage It

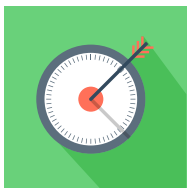
Everybody manages anxiety and paranoia differently. Consider the following five healthy ways to deal with paranoia while working remotely:



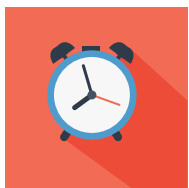
1. **Write down your anxieties** and throw them away at the end of the day.



2. **Eliminate the personal aspect** of feedback.



3. **Make expectations known** to co-workers and managers.



4. **Get ample rest** to complete your work effectively.



5. **Talk it out** to a loved one.

WFH paranoia can be appropriately managed if you take healthy steps to do so. If you're struggling to handle your paranoia, consider contacting a mental health professional.