Reliance on digital communication tools such as emails, instant messaging, and video conferencing.1 may not always be as effective as face-to-face interactions.The lack of face-to-face interactions with colleagues can result in feelings of loneliness and reduced opportunities for socializing and networking.Household chores, family members, pets, or other personal responsibilities may compete for your attention and make it challenging to stay focused on work.Distractions at home: While working from home, there can be various distractions that can hinder productivity.Miscommunication or misunderstandings can occur, and it may take more effort to convey complex ideas or build strong working relationships.Blurred boundaries: When working from home, it can be difficult to establish clear boundaries between work and personal life.The lines between work hours and personal time may .become blurred, leading to longer working hours and difficulty in disconnecting from work.2.3.4.5.6

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