

# 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

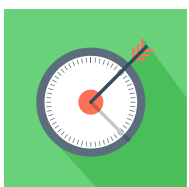
Everybody manages anxiety and paranoia differently. Consider the following five healthy ways to deal with paranoia while working remotely:



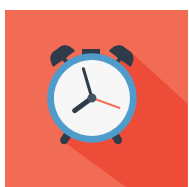
1. **Write down your anxieties** and throw them away at the end of the day.



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.