

# nexnews

## WORK FROM HOME (WFH)

As we enter the 3rd week of our 'WFH' Order and continue to work from home since the 16th of March 2020, we've collected some personal stories shared by your own Nex.Us colleagues and friends to get a small glance of their work-life experience at home.

Today, we're featuring WFH stories from Sahlan Safwan, Adilla and Nazleny.

We hope that these stories can give you a sense of shared normality working from home. We believe that at a time that's very difficult and sensitive, especially what's happening in the nation and in the world right now, sharing stories that everyone can relate to can lightly entertain and give us all comfort. These stories are reminders as well that you're not alone in this, and that we are here with you, and for you.

Keep a look out for other featured stories next week!

### 1. HOW HAS WORK LIFE BEEN SINCE THE WORK FROM HOME ("WFH") ORDER WAS IMPLEMENTED?

#### SAHLAN

“ Challenging. It's hard not go to get distracted with the bed just 2 steps away and the gaming console within an arm's reach while having deadlines to meet. ”



#### ADILLA

“ The first week of WFH was tough as I was still adapting to have a clear division between work and home. ”

#### NAZLENY

“ Great!!! I feel I have more control over my life, so I enjoy working more. And Alhamdulillah, I get more work done. ”

### 2. WHAT HAS BEEN THE MOST CHALLENGING PART OF WFH?

#### SAHLAN

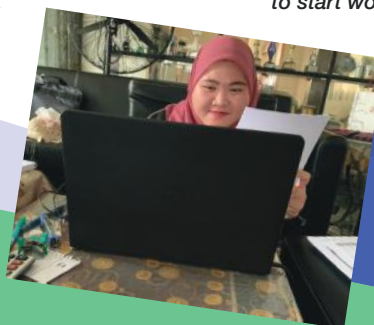
“ Staying disciplined. To know that I was given the flexibility to WFH challenged me mentally and physically. Mentally in the sense that, I am so used to keeping my mind at ease and forget about work whenever I'm at home. That has always been my method to keep myself stress-free, work starts when I reach at the OFFICE, 8AM to 5.15PM. No work should continue beyond that but with WFH, work starts when I get up from sleep (I wake up before 8AM, I swear!) Physically? I'm at home. I get to be in bed for as long as I want (while able to check-in to my attendance through WhatsApp. BUT I've disciplined myself to always be ready before our daily team con-call! ”

#### ADILLA

“ Having back-to-back video conferences, which is really draining. Having the need to really focus on the discussion and dissociating from the background noise at home as well as. ”

#### NAZLENY

“ With no one watching me around the clock, it's not easy to stay focus. Had to discipline myself on punctuality on when to start work and manage time. ”



### 3. WHAT NEW HABITS HAVE YOU CREATED OR STARTED DOING SINCE WFH?

#### SAHLAN

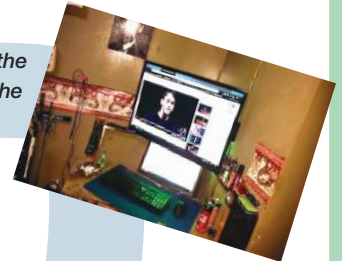
“ Attendance from bed through WhatsApp, work on my business proposal, and Netflix and Chill Work. ”

#### ADILLA

“ Getting up from my chair every hour to release the tension and shaking things up, be it having jumping jacks or jamming to my favorite songs! ”

#### NAZRI

“ Well, the one thing that is obvious: it is multitasking on a whole new level. I watch NBC news for the Coronavirus updates, video conferencing with my team, replying to vendors' WhatsApp and all the while doing work - all this in their own opened windows. ”



### 4. DESCRIBE YOUR EXPERIENCE.

#### SAHLAN

“ Since I was in university, I've always practice strict time allocation for work and leisure; 8AM to 5PM, that's the working hour - no more, no less. Now, with WFH - fun fact, you get to do it at home! But that's where the challenge is. As much as I try disciplining myself to work within those hours, I can't help myself when my beloved mom starts calling me to help make that Sambal, or entertain my cat when it starts walking on my keyboard and type nonsense, or if my wife needs help with grocery. Then again, that's the beauty of this WFH. When office work can get stressful, family members are there to entertain. While no one is going to stop me from house chores, that doesn't mean I'll forget the deadline my supervisor has set for me.

*Discipline & integrity are keys to WFH!* ”

#### ADILLA

“ Initially I was actually *excited*. I thought I would have the comfort of wearing my home attire and being relaxed whilst doing my work in my own private space. However, it was *actually quite distracting* as most of my family members were home as well. Distracting in a sense that my siblings were having the time of their lives watching our favorite shows and my mother would every now and then cook delicious meals. So I wanted to join in on the fun as well. However, I realized I had to be more disciplined by making sure I fulfill my time for work so I can have my time bonding with my family and making sure that our favorite shows will only be played when everyone is around. ”

#### NAZLENY

“ On the first day WFH was announced, I had *mixed feelings*, but more on “self-reflecting” on shortcomings and skeptical on the “self-control” part. Entering a sudden work-from-home situation, it is crucial to *start with the right mindset*; I have to view it from my superior's perspective (having doubts on time completion of work) - when my superior delegates tasks, I put difficult targets to know if I can perform better. So far I've managed to deliver. PERSONALLY, and let me say it again, personally I think by knowing that I may actually be putting in more effort than before, working from home is not bad at all! This is like a “proving ground” if I can do a great job now, then I can enjoy the benefits that go along with it. It's easier to find inspiration. ”

### 5. DO YOU HAVE ANY TIPS THAT YOU'VE DONE OR HAVE FOUND USEFUL TO IN ADJUSTING TO WFH?

#### SAHLAN

“ Always *remind yourself*, WFH is not a holiday and you are not on leave. So get up early (to check-in for work attendance!), do light exercises, take your morning shower, have a good breakfast & don't forget to check your e-mails and work group chats. ”

#### ADILLA

“ Having one isolated *private space* that you could turn into your workspace to avoid distraction. It could actually help mentally divide work and home. However, it is also necessary to have a few *breaks* within each hour of sitting. One way to ensure that is simply by *setting up an alarm* for your breaks. ”

#### NAZLENY

“ Tips ehh... it is very important to have one *designated place* for working from home. Whether it is your “MANCAVE” that separates you from the rest of the house and all that is going on in there, or some table in one of the corners in your house. Me, I have both so I can move depending on my mood. Once you have a place that you are associating with work automatically will help in putting you in *work mood*, especially when you really need to be focused and concentrate. ”

6. BONUS QUESTION! WHAT DO YOU LOOK FORWARD TO AFTER THIS PANDEMIC HAS DIED DOWN?

## SAHLAN

“ I’m not much of a foodie but I do miss *eating out* with my wife and not do takeaways. At this time of writing, my unit is working on an internal event that we’d like our colleagues to enjoy in the office. I also miss *late night card games* with my friends (and get that first win on Cluedo) ”

## ADILLA

“ I am looking forward to *being back in the office* and I will no longer take my walks (from toilet to printer station to meeting rooms and to other spaces) in the office or even walking up the stairs for granted as I realise WFH does not allow much movement in between unless it is forced. ”

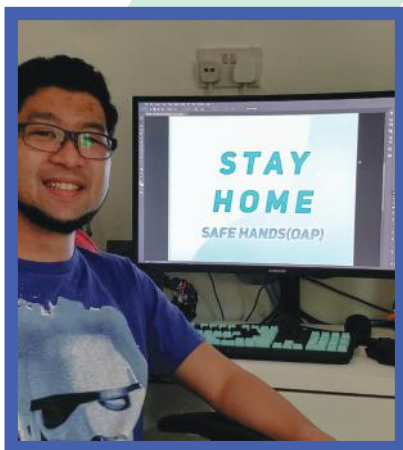
## NAZLENY

“ Would you believe me if I say *office* because having a bunch of people next to you all doing the same kind of tasks, makes a lot of difference, believe me. Being in the Sales and Business Development career path these past 10 years, you’ll realize *human interactions* are important and being present and having presence are completely different things.

Can I suggest something? We can always do a bit of both - once the pandemic is over, why not try three days from the office and two days from home, getting best of both worlds! ”

7. LAST QUESTION: DO YOU HAVE ANY MESSAGES OR A QUOTE YOU’D LIKE TO GIVE, SHARE OR REMIND YOUR COLLEAGUES AND FRIENDS AT WORK?

## SAHLAN



## ADILLA



## NAZLENY



**A MESSAGE FROM NAZ:**

*My advice is you can get more work done as long as you’re not sneaking off watching anime or big bang theory or drama liau badar, you can actually be more productive when working from home.*