

Stress From Working from Home : A Review

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Abstract: *The covid-19 virus continues to spread around the Globe no one was sure about the crises that befall on everyone's regular life as it brought uncertainties that have lasted for the last 2 years and after the spread of covid-19, we have a new definition of new normal in every phase of life. The strict government rules and regulations have been led to many inconvenient working conditions. All over India organizations have been shifted to work from home policy to control the spreading of the virus. People doing work from home leads to increases in stress and anxiety among employees. When running from domestic, humans lack face-to-face communication with colleagues, and as soon as issues arise at paintings, it is tough to remedy them quickly thru online digital communique. In Work from home, people feel isolated which can also lead to psychological stress. Both managers and employees face different challenges when working from home. Managers require new ways of communicating with their team they must be open enough so employees feel comfortable, but confident enough to say no or explain if they are dealing with stress. This research paper aims at understanding the literature review of the title Stress from work from home.*

Keywords: Stress, Work from Home, Challenges

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