

# Staff Timer app as a Balancing Tool

By Stafftimer team

# Contents

How Staff Timer App can act as a balancing tool while #wfh	01
Let's Take My Own Example	04
Effect of Overworking on Mental Health	06
How COVID-19 is Changing Technology Use at Home?	08
Improve your work-life balance with Staff timer app while #wfh	12
Spending Time on Unproductive Tasks That Take Longer to Finish?	14

01

## How Staff Timer App can act as a balancing tool while #wfh



Due to the recent Pandemic of Coronavirus every company has shifted to remote work policy globally, in order to survive.

In most industries, working from home is helping employers a lot in terms of productivity whereas employees working from home are not only saving money but also time.

**We all know  
that time is  
money**

While many employees have already done remote work, many are still trying to adjust to this paradigm shift.

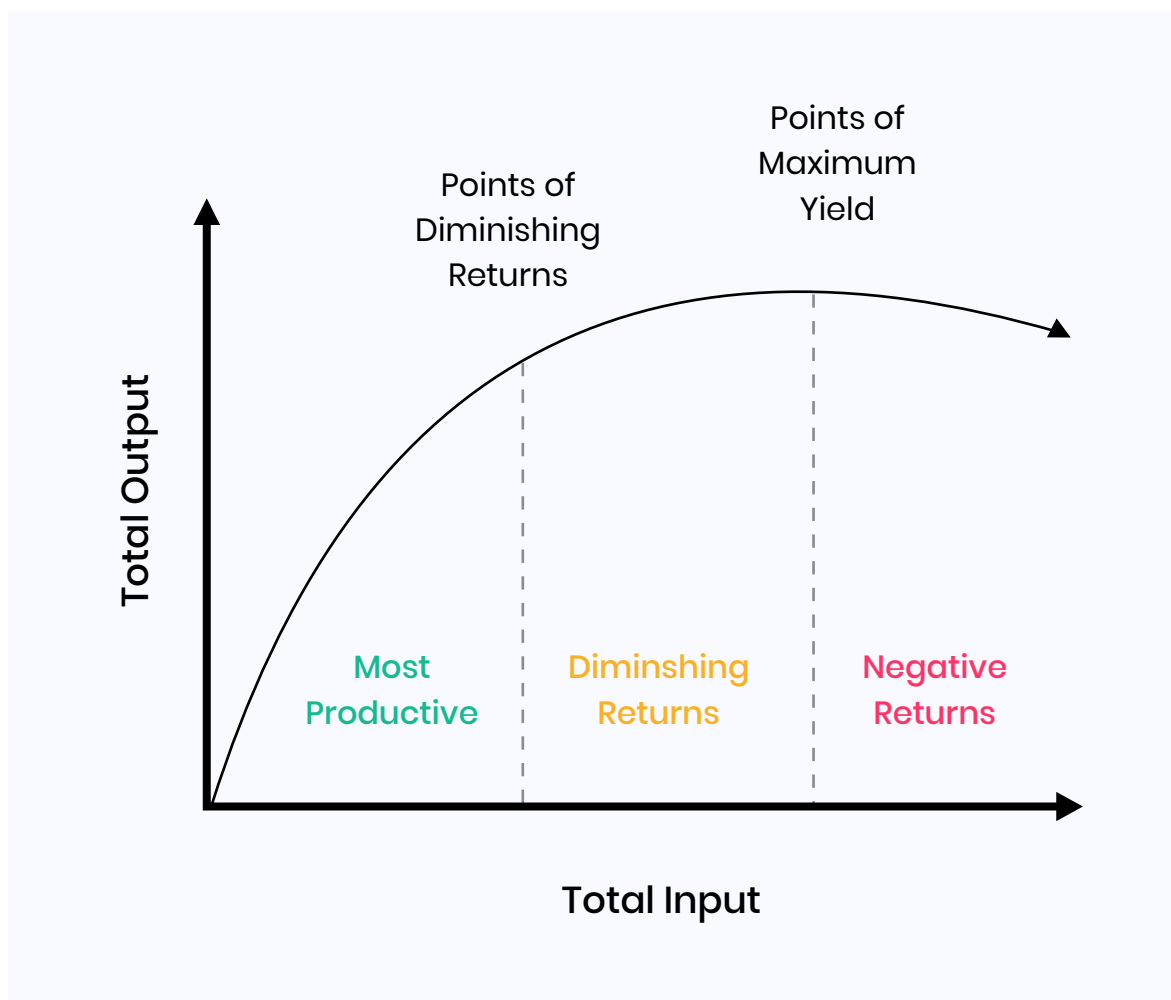
Most of the time, employees who are working from home continue to aimlessly work all the time without any clear direction or defined tasks. Sometimes, companies do not equip employees with the right tools to measure their productivity and the very concept of flexible working arrangements gets very little done even when you have spent all day.

We all are very well aware that overdoing things can have negative effects at times and can lead to irreversible consequences.

- Some people can be productive on some days as compared to others.
- Some people can get things done in little time and some take hours.
- Some do not achieve anything even when seen working all day

Hence, overdoing things with negative impact on overall productivity and mental health.

This can be proved by a simple law of diminishing returns. This law can also be quoted as the law of productivity which states that at a certain level of time, your productivity is bound to decline and you will make no difference by working no matter how much you push yourself.



Last month I was doing the same overwork till month end when I finally realised the fact that I seemed to be making school boy errors. Because when you are overworking not only your body will fail to respond but also the results are not what you initially expected and instead of a better outcome, the outcome you get is worse than the game of thrones finale, weird example, right?

This is what I am trying to explain: you are not getting anywhere by working more or say harder with no result because everyone or everything has a point where return is diminishing with serious impacts.

I am not saying that we should work less and lay in our cozy 'work from home' beds all day long. But also aimlessly doing work with no plans or sequence is of no use either.

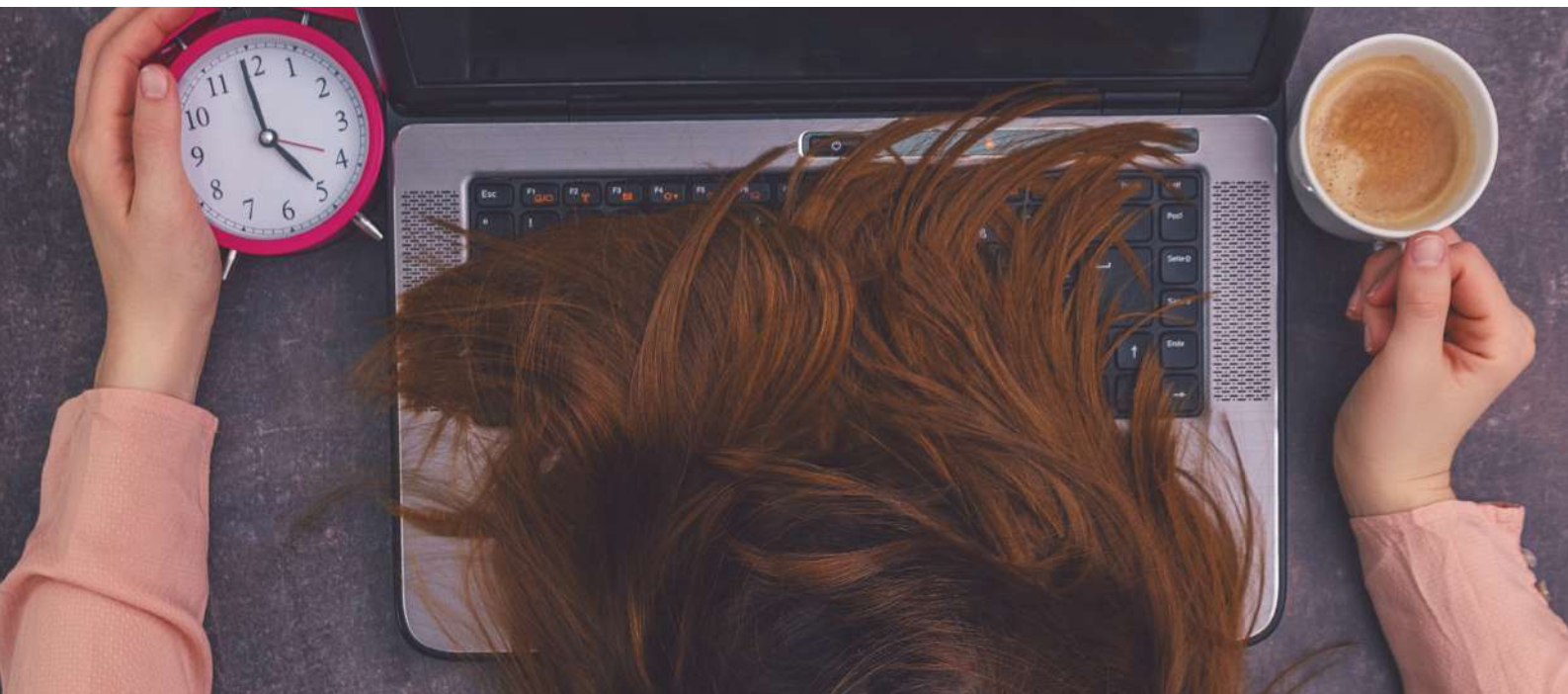
Working remotely is all about productivity which further brings out creativity and smart work; that clearly never comes with the amount of work you do but how you do it.



So how does **productivity & creativity** come to you? It comes with effort, transparency, 'more in less' and accountability.

03

## Effect of Overworking on Mental Health



“  
Work is  
good! Duh!”

And every employer loves the employee who goes an extra mile but every employer also wants their employees to stay motivated and not just work for the sake of it rather take complete ownership.

Even when employees are working from home, companies still take care of their teams. In today's world, digital technology is playing an important part in simplifying our work activities.



It helps speed up processes, allows faster results along with better communication. However, better connectivity also never lets us log out of this world, and we are always willing to make ourselves available to work at non-work hours.

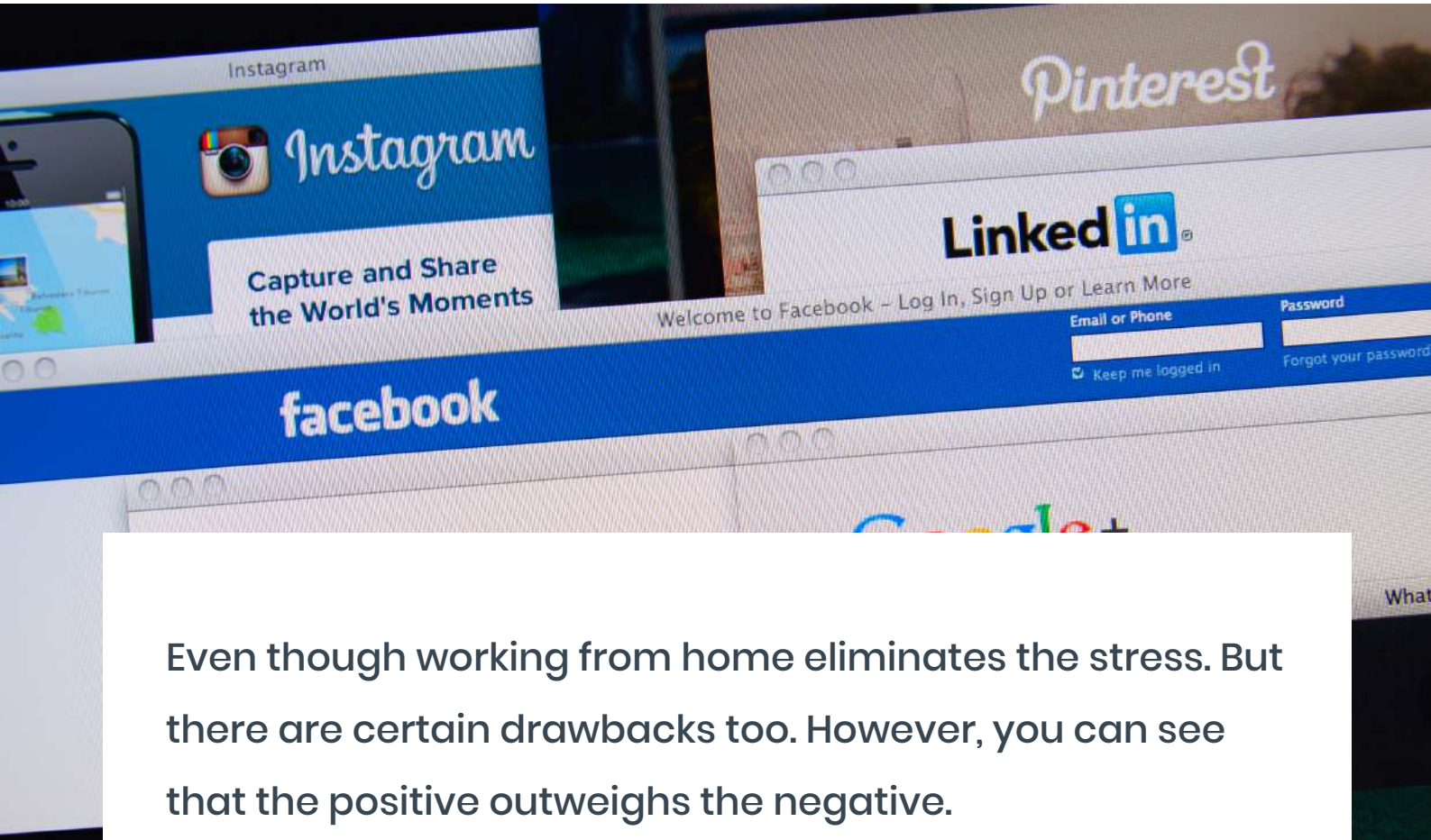
It is ok to pull an all-nighter once in a while in order to meet important deadlines, but making this a regular habit can have bad consequences on our mental and physical well being.

**We have made over-working a new norm. It affects not just individuals, but organisations too.**



04

## How COVID-19 is Changing Technology Use at Home?



Even though working from home eliminates the stress. But there are certain drawbacks too. However, you can see that the positive outweighs the negative.

One of the top distractions when you work from home can be your social media or streaming apps. Even if you have your phone on silent there are still possibilities when you are unable to not take a peak. When your mobile notifications are vibrating, or netflix is turned on it can be difficult to get any work done.

Even though you may have set aside some time for extracurricular after work hours. Still there are 99% chances you are prone to such distractions.



**Distractions like chores, and kids, can also prevent at-home workers from being **productive** as much as they want or need to.**

Lets' quote my example here:

“Live streaming shows while working may help some but only to an extent. Since I am too working from home, so I did a little experiment of writing an article while watching Chris Hemsworth's Extraction. Believe it or not, it took me 5 hours give or take to complete about an 800 word content piece. The worst came when my boss read the draft. Long story!

So distractions like these are now happening to everyone, ultimately ruining productivity. We have talked about technology as being destructive now let's talk about the productive use of technology.

Some tools enable teams to increase their productivity while maintaining their work-life balance. One of such examples is the Staff Timer App. TADA!

### How COVID-19 is changing technology use at home

Among surveyed consumers, the Consumer Technology Association found :



**49 %**

are watching live TV more often



**48 %**

are using online streaming services more often



**26 %**

are using video streaming services such as Netflix for the first time



**31 %**

are using online gaming more often

Data Compiled March 31, 2020.

05

## Improve your work-life balance with Staff timer app while #wfh

Even employees who are working from home can complain that they may not have a good work-life balance, because they can be a victim to working over-time (see above).

But how the Staff timer app is actually helping them to change how they spend their time?

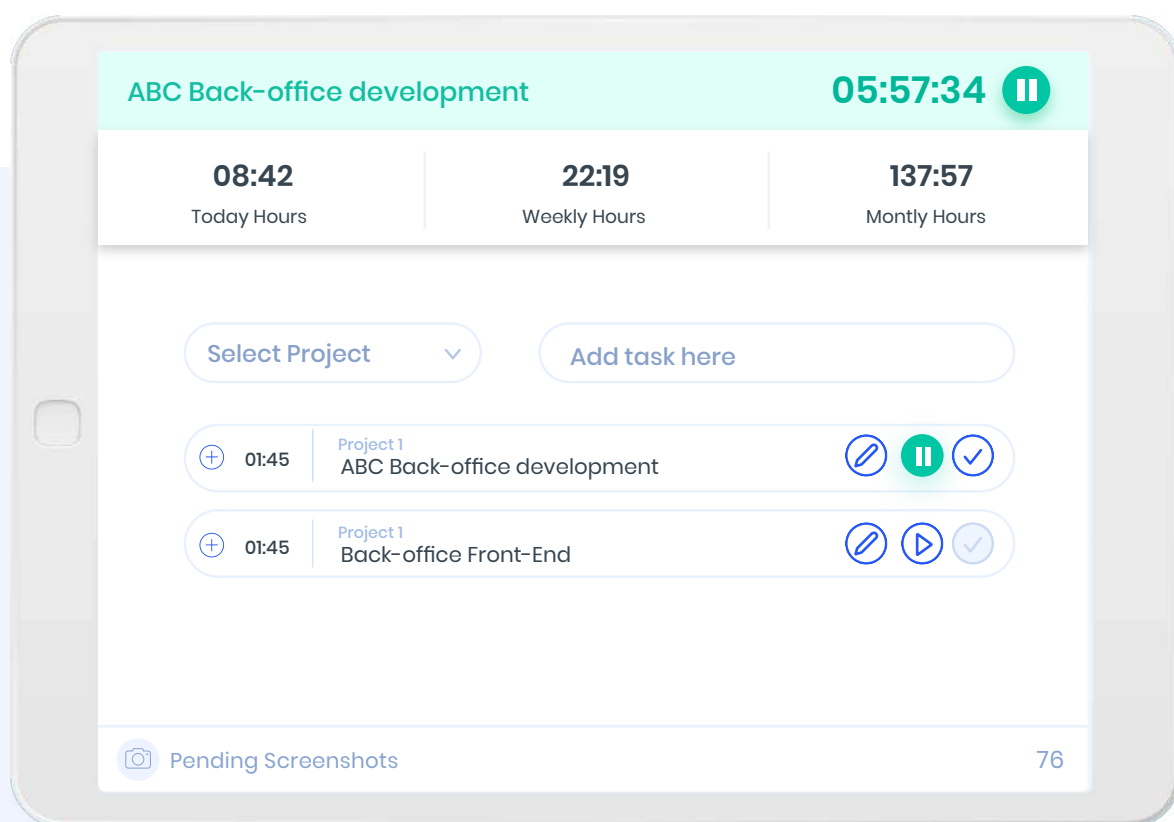
Simply by balancing the time they spend on work with the time for personal life.

### Track Time Spent on Tasks

First and foremost, you need to set aside separate hours for work and for personal life while working remotely. But before you do that, calculate the total time you need for both and stay committed.

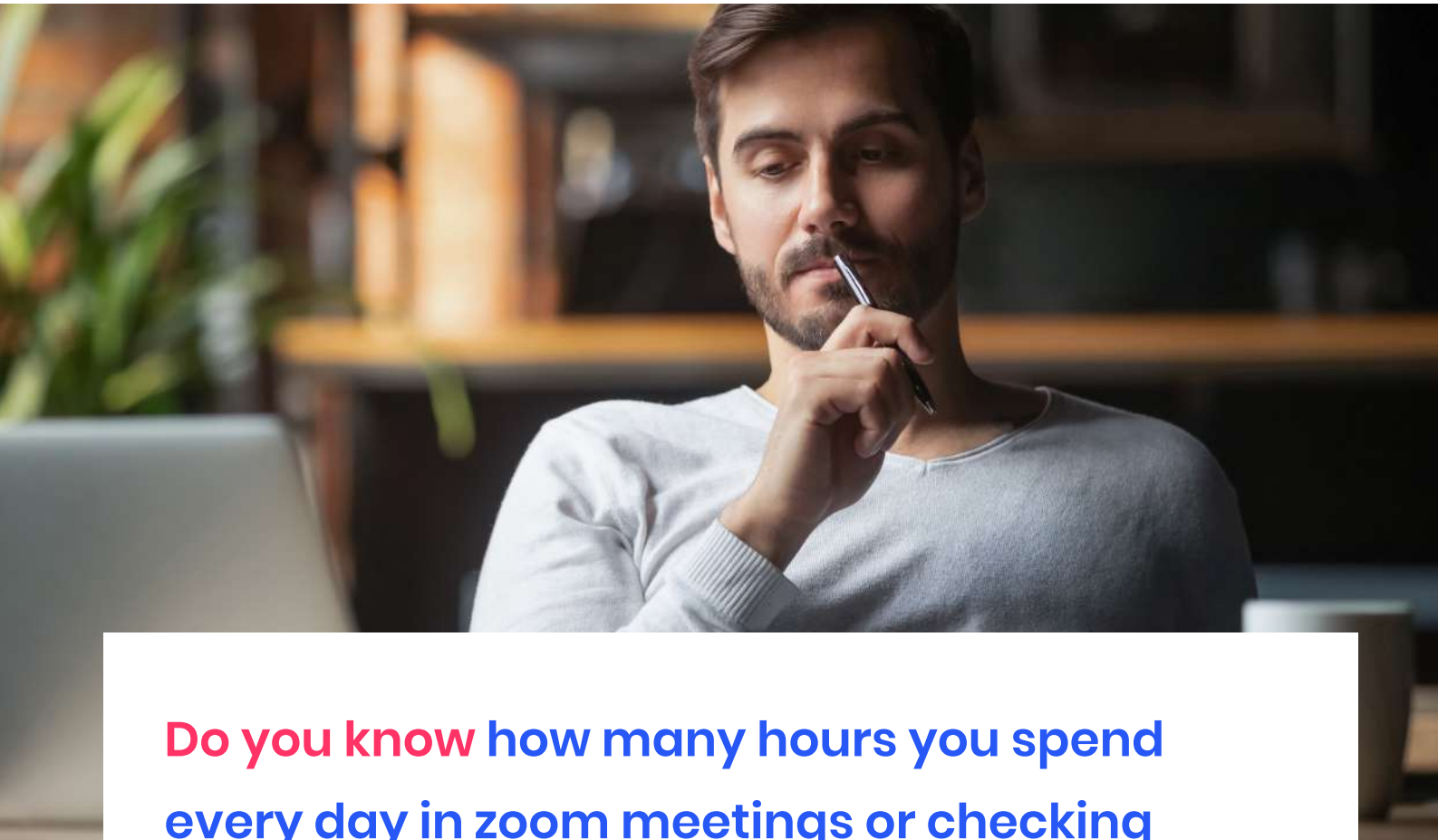
With the Staff timer app you can track every minute you are spending on work related tasks (even use it for personal activities for example: how much time you spend on your morning walk or lunch etc.)

Once you know which task is consuming most of your time you can identify why and improve accordingly. With the help of the Staff timer app, you can get a good look of how much time you are spending on tasks on the go via a simple time tracker desktop application.



06

## Spending Time on Unproductive Tasks That Take Longer to Finish?



**Do you know** how many hours you spend every day in zoom meetings or checking emails, or even slacking with colleagues for work instructions?

All of these tasks are a part of our daily work routine but take so much of our time otherwise spent on something more important.



Even though daily stand ups are crucial to streamline work but if they exceed the time limit they can take away from your productivity.

So see how much you have been spending on them so that you can complete your tasks during the workday without prolonging them in your personal life.

“  
If you can shrink your 14-hour work down to 8 regular hours, you will have more time every day that you can spend on your couch.”

The bottom line is:

- Staff timer app can help you do tasks in 1 hour that would otherwise take 2.
- It won't let you waste your time. Once you are focused and organized in your mind, you can align your goals and become more productive.

Staff Timer app is an AI-enabled software that effectively tracks employee work hours using key features like real-time monitoring and intelligent reporting. Stafftimer App is Time Tracking solution for teams dispersed globally powered by Staff Timer Ltd.

It is the perfect tool for employers who are managing remote teams and distributed teams. It not only gives you the exact billable and non-billable hours but the ability to remotely monitor the team members through

- Real time screen monitoring
- Minute by minute screenshots
- Review work through daily work videos
- Measure keyboard and mouse activity
- Monitor screens in real time
- Audio clips for task assignment
- Time sheet

**STAY FOCUSED!**



## Questions for us ?

Email us

**Sales@stafftimerapp.com**

Skype

**support\_60876**

Call us

**+44 1622 370838**

For live demo

**<https://calendly.com/harri-st>**