Working from home, like any office, can have benefits and barriers. The biggest barrier to successfully working from home is designating a space - physically and mentally - that helps establish boundaries for yourself and others.

Whether in a studio apartment at the kitchen table or a house with a dedicated work room, it's important and possible to create a space that helps you remain engaged and productive.

These tips will help guide you in establishing a work-from-home environment that supports your overall wellbeing and contribute to you doing your best work, no matter where you are.