

is your
business
suffering
from a
serious
case of
h.o.m.e.*?

* home office mental exhaustion

Information issued by the department of FunkBunk 2008

funkbunk

is working from home giving you h.o.m.e.?

recognise the symptoms

1. Inability to separate work and family life.	<p>The lack of clearly defined working and family life can lead to multiple episodes of delirious distraction, medial household chores, missed calls and unanswered emails.</p> <p>Sustained contact with children may cause the sufferer to experience piercing screams and uncontrollable temper tantrums, usually whilst closing that important deal over the phone.</p>
2. Reduction of space.	<p>Insufficient space may cause loss of important information and regular uncontrollable outbursts of "I'm sure I put my notes there". Additionally the dining room, shed, car, kitchen and the spare room are all at risk from acute A.B.O.S. (Archive Box Overflow Syndrome).</p>
3. Surely you can't be serious.	<p>The experience of a loss of professional image and credibility is common-place. Frequent episodes of dressing gown days may occur and friends, family and neighbours consistently ask favours as your business is "just a hobby".</p>
4. Inability to work.	<p>Sufferers of H.O.M.E. may experience frequent distractions, loss of commitment and creativity. Sufferers are particularly susceptible to ineffective time management and, in some extreme cases, Aussie-soap-itis.</p>
5. Lack of privacy.	<p>In some cases the sufferer may experience a lack of privacy surrounding the work area. It is not uncommon for sufferers to find half finished cups of tea, lego, gossiping neighbours, drying clothes and other personal effects in the office.</p>
6. Relationships strain.	<p>Some sufferers may experience a lack of appreciative spouses and/or children. An acute relationship with the computer is a serious side-effect and should be treated immediately.</p>
7. Work overload.	<p>Symptoms are recognisable by the regular use of such terms as: "I'll just finish that bit then I'll eat...", "Yep, okay, just hang on a minute..." and usually culminating with "Man, it's 2am already!".</p>
8. Feeling isolated.	<p>"Who said that?"</p> <p>"Me".</p> <p>"Ahh, hello little voice in my head".</p>
9. Lack of Self-discipline.	<p>Recognisable by the reduction of productivity and self motivation. That extra 5 minutes in bed becomes an hour and the garden starts to look particularly tempting on sunny days. Sufferers usually only realise that the entire day has been wasted and business goals missed when going to bed at night.</p>
10. Lack of support services.	<p>Sufferers may experience continuous rolling up of sleeves or hours on the phone to neighbours/nephews/automated call centres about computer related problems. Hair loss is common.</p>

If you recognise any of these working from home symptoms:

ACT NOW!

0845 003 9559

Possible side effects of FunkBunk:

Increase in creativity, productivity and revenue, working social life, flexible hours, enhanced perception of your professionalism, re-discovery of your home, the lifestyle you want and an abundance of creative work and recognition.



FunkBunk is, fully furnished, shared workspace offering desk rental and virtual addresses for creative professionals. Desks available from £200 per month.

FREE broadband, parking, utilities, rates and biscuits - NO additional extra charges.

FunkBunk is the only collaborative creative environment in the home counties.

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