TIPS TO STAYING HEALTHY WHILE WORKING FROM HOME

SET UP A SEPARATE OFFICE SPACE

Working in bed or on the couch may make it harder to relax later on when you’re done working.
BUILDING A MAKESHIFT STANDING DESK CAN GIVE YOUR BACK A BREAK AND REDUCE LONG-TERM NEGATIVE HEALTH EFFECTS FROM SITTING TOO MUCH.
Take time to stretch, get some water, or simply walk around the block to avoid the many negative health effects of sitting too much.
Create a relaxing work environment

Fill your workspace with things that comfort you, such as candles, music, or open windows.
DEVELOP A SHUTDOWN ROUTINE

Developing a shutdown routine that signals the end of the workday can help you transition away from email and work projects.
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PROTECT YOUR EYES

For every hour spent on your computer, take time to close and rest your eyes or look at something else to give them a break. Consider purchasing blue light glasses to protect your eyes from long-term damage.
Working from home may make it easier to make and drink more coffee. Caffeine can exacerbate anxiousness, so be aware of how much you are drinking and adjust if you notice negative effects.