

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.



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MAKE A STANDING DESK

BUILDING A MAKESHIFT
STANDING DESK CAN GIVE YOUR
BACK A BREAK AND REDUCE
LONG-TERM NEGATIVE HEALTH
EFFECTS FROM SITTING TOO
MUCH.



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**GET UP EVERY HOUR AND GET
OUTSIDE AT LEAST ONCE A DAY**

**TAKE TIME TO STRETCH, GET
SOME WATER, OR SIMPLY WALK
AROUND THE BLOCK TO AVOID
THE MANY NEGATIVE HEALTH
EFFECTS OF SITTING TOO MUCH.**



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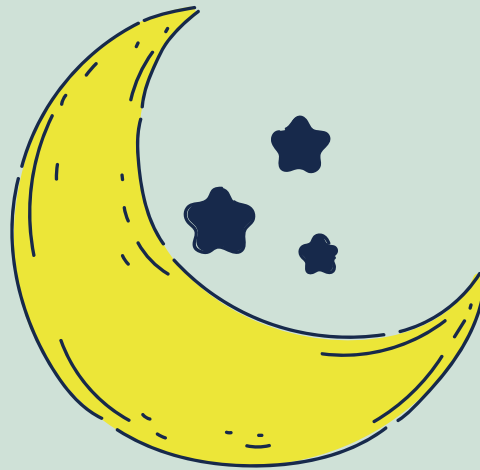


CREATE A RELAXING WORK ENVIRONMENT

FILL YOUR WORK SPACE WITH
THINGS THAT COMFORT YOU,
SUCH AS CANDLES, MUSIC, OR
OPEN WINDOWS.



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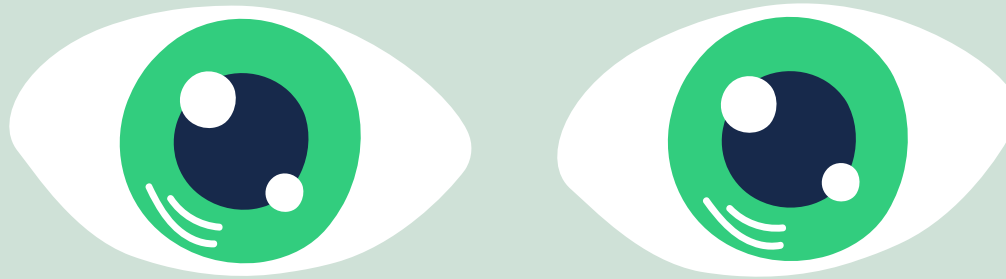


DEVELOP A SHUTDOWN ROUTINE

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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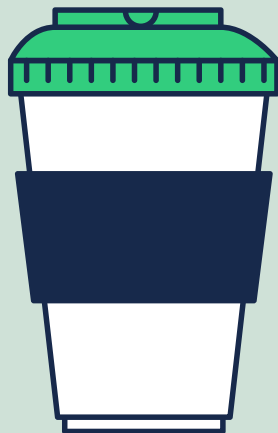


PROTECT YOUR EYES

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.



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MONITOR COFFEE INTAKE

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.

