

21 healthy homeworking resolutions

Do you sometimes struggle to feel comfortable and productive when working from home? Setting yourself a few resolutions is a great way to develop a healthier routine.

Take it slowly; you don't have to transform your life overnight. Pick one or two to introduce every week and see how it makes you feel.

1
Go for a walk at least once a day

2 Swap coffee for herbal/fruit tea

3 Upgrade to an ergonomic chair

4 Try yoga videos for mental wellbeing and physical strength

5 Buy a reusable water bottle

6 Try the relaxing technique of alternate nostril breathing

Step One

Step Two

Step Three

Step Four
x3

Begin by inhaling through both nostrils.

Close one nostril with a finger, exhale and inhale smoothly and completely through the other.

Now change sides, completing one full breath with the opposite nostril.

Repeat 3 times on each side.

7 Create a dedicated space to work

8 Sip water every 10 minutes

9 Walk around to take phone calls

10 Use video chat to see how your co-workers are

11 Enjoy at least an hour of device-free time every day

12 Take your lunch break away from your desk

13 Use your break to go outside

14 Be more open about how you're feeling

15 Learn some desk stretches

16 Practice them every 30 minutes

17 Use a laptop stand to improve your posture

18 Swap your fixed desk for a sit-stand desk or platform

19 Set a timer to stand up every 20 minutes

20 Tidy your work area at the end of every day

21 After work, turn your email notifications off. Take time to enjoy the things you love in life

What next?

You can browse our entire collection of home office furniture here:

www.posturite.co.uk/home-office-furniture.html

Remember, we're always here to help. You can chat, message, or phone us throughout the day here: www.posturite.co.uk/contact-us