

# NBSIA Member Services Safety Bulletin

April 2020

## STAY HEALTHY WHILE WORKING FROM HOME

Working from home can present a unique set of challenges, especially when it comes to your health. The abundance of alluring snacks in the kitchen, the lack of social stimulation and the temptation to work in an ergonomically unsound position can all sabotage an otherwise virtuous worker's best health intention.

### Set up a separate office space

Use a space in your home that's designated solely for work. Working from your couch can create mental associations that keep your mind occupied with professional obligations, even during off-hours.

### Choose a good chair

Invest in a comfortable, ergonomically sound chair that will keep you properly aligned throughout the day.

### Get up every hour and get out at least once a day

It can be easy to get stuck in your seat, especially since you feel comfortable in your space. Set a timer or use an app to remind you to get up and stretch once every hour, and make sure to get outside, even just to walk around the block and get some sunshine and fresh air.

### Set a schedule and stick to it

It can be tempting to wake up late and work at odd hours, but you will benefit your mental health and the quality of your work by setting a schedule as if you were going into the office. Then: Stick to those hours.

### Schedule workouts

When you create your schedule, use the flexibility to your advantage. Schedule your workouts as you do meetings -- but pencil them in before you begin working, during lunch or after hours.

### Create a soothing environment

Staying home means you have free rein over your surroundings, make your work area soothing and keep your stress level under control. If a beautiful view helps you stay calm, set up your desk in front of a window or within eyesight of artwork you enjoy.

### Maintain a healthy work-life balance by logging your time and setting limits

Track your hours and keep yourself accountable. Don't let work bleed over into your personal time, or vice versa. Avoid working on weekends if you can and keep an eye on how much time you're spending on work every day.

### Keep the kitchen stocked with healthy snacks and meals



It can be easy to wander into the kitchen when you know it's packed with treats, so keep temptation at bay by buying fresh fruits and vegetables and keeping the candy and junk food out of sight.

### Get showered and dressed as if you're going to the office

Feeling competent isn't just about productivity: Research has shown that self-efficacy has a positive impact on health behaviors, including weight control and exercise.

### Get involved in a virtual telecommuter community

It's important to have some social connection, even in the absence of coworkers. Maintaining healthy social connections improves your overall well-being and helps you stay motivated.

### Sources

<https://ohsonline.com/articles/2020/03/18/working-from-home-tips-for-productivity-mental-health-and-staying-healthy.aspx?m=1>



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