

WORKING

From Home

Make Working from Home, Work For You

In these unprecedented times, many of our patients and members of our Lane Cove community may find themselves working from home for an indefinite period of time. While we are all trying to do our bit to stay safe and protect the vulnerable in our community, we also must create spaces at home that support our health and wellbeing.

We at Lane Cove Chiropractic are here to help. If you need some guidance on how to make working from home, work for you, here are some simple tips you can start using today.

Routine

Set yourself a routine, much like you would if you were still going to work every day. Wake up at the same time every morning, eat meals regularly and set aside time to exercise to help maintain your physical and mental wellbeing.

Set up a productive space

If you have a separate study in your home then look no further, but for many a work set up will usually be on the kitchen table. Try to avoid working on your bed or on the couch so you can separate work from relaxation at the end of the day.

Get the ergonomics right in your workspace by bringing an ergonomic/supportive chair to the table and sitting with your feet either flat on the floor or supported by a footrest. Arms should be relaxed by your side (wrist straight when using mouse and elbows at 90-110deg when typing), with you posture relaxed and tall.

If there is an opportunity to be at a standing desk, even better, as this will be helpful for most people. If standing, maintain an upright relaxed posture and use a footrest.

Your eyes should be looking straight ahead at your screen and if you're working off a laptop, you can do this by having a separate mouse and keyboard and elevating your screen, to help keep your posture straight.

Take breaks

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While it's easy to get lost in the hours of work, it's important to remember to give both your mind and body a much-needed break. Every 30 minutes or so, get up and do a little stretch or something quick and active like 10 squats or star-jumps. As long as you're moving!

The Straighten Up app is also a great tool to help get you moving and improving your posture. The app developed by the Australian Chiropractors Association, features a three-minute stretching program designed to help improve your spinal health, posture and overall wellbeing. Download the free app from the App Store or Google Play.

Stay connected

While you are lucky enough to work from home during this period, it can feel a little isolating. Colleagues and friends you would normally see every day, are only a phone call away so stay connected with them by having virtual video meetings, or a casual chat to simply check in with them.

Technology breaks

At the end of your day, try and take a break from technology and screens by going for a walk outside, spending time with those in your home, cooking a meal or taking up a new hobby.

If you would like any further advice or assistance on implementing good spinal health habits while at home, contact us on 9428 4033 or email info@lanecovechiropracticcentre.com.au. We hope you are staying safe during this time.

For more information on these tips and the Working From Home campaign, visit workingfromhome.org.au