

Tips to Staying Healthy While Working from Home

by Cristina Oropeza, Staff Associate II

Posted on September 16, 2020



These days, many of you, and many of us at the firm, are having to transition to working from home and are probably still trying to adjust. There are definitely benefits to working from home – sleeping in, wearing comfortable clothes, easily accessible meals, and snacks. However, these same benefits could also create challenges. Below are some tips to help combat common challenges and stay healthy while working from home.

Maintain a morning routine. Think about the routine you used to have before going into the office – wake up, workout, shower, get dressed, have breakfast and coffee, and walk your dog. Whatever it might have been, try sticking to it instead of rolling out of bed and going straight to the computer. Your routine might not look exactly the same – not putting on a full face of makeup or not dressing professionally – but keeping up with a routine will give you a sense of normalcy and help maintain productivity.

Set up a designated office space. Investing in a desk and comfortable chair may be worth your while. You don't want to be working on the floor, on your bed or on your couch. This will likely contribute to back aches from sitting in uncomfortable positions. Having a designated "office" space, whether it's in a spare room, your bedroom or living room, will also help you stay focused and separate you from typical at-home distractions.

Set a schedule. Working from home could cause irregular work hours. It's easy to convince yourself to wake up later or to keep working in the evening. Stay consistent throughout the week by setting a start time, lunch break and finish time. Maintaining a schedule will

increase productivity and ensure quality work. Staying as close as you can to your regular in-office hours will help maintain a healthy work/life balance.

Take breaks. It's easy to forget to get up and move around while you are working in the comfort of your own home. Try to get up and move around every hour or so. Take 10 to 20 minutes out of your day to go for a walk, meditate, or stretch. Taking a quick step outside for some fresh air and sunshine makes all the difference in relieving some stress and helping you get through the rest of your day.

Stock up with healthy snacks. Raiding the pantry is inevitable while working from home. The thought of all those snacks being just a walk away increases the temptation. Stock the pantry with healthy snacks and stock the fridge with fruits and vegetables. You can also control your cravings by drinking lots of water throughout the day. It helps decrease the hunger you feel before a meal.

Prepare meals and take an actual lunch break. Remember to take time to eat. When you're knee deep in your work, it can be hard to take some time away. However, skipping lunch can decrease productivity in the afternoon. It's also important to take an actual lunch break away from your computer to give your mind a break. Since you are working from home, use the time to cook a nutritious meal. Preparing a well-balanced lunch will give you the energy you need to carry on with your day. It'll also keep you full longer and away from those pesky snacks.

Create a healthy environment. Now that you are working from home, you have control of your space. Open a window if you want to let in some fresh air. Set the thermostat to what is comfortable for you. If you like scents, set up candles or oils. If you like to surround yourself with plants or artwork, set those up. Create a space that is soothing for you.

I hope you found the above tips helpful as you are adjusting to the "new normal." These seven tips are a good starting point, but there are numerous other ways to staying healthy while working from home. If you have the time, you can research other ways to make changes. Making even the smallest change will make a difference.

The content of these pages is for general information purposes only and does not constitute advice. Heinfeld, Meech & Co., P.C. tries to provide content that is true and accurate as of the date of writing; however, we give no assurance or warranty regarding the accuracy, timeliness, or applicability of any of the contents.