Find Comfort in Working from Home!

Working from the comfort of your home can be great; however, you might find that it can become rather uncomfortable by the end of the day. When thinking about all the necessary changes to transition to a successful work-from-home setup, have you considered the ergonomics of your work-station?

When a workstation is not set up correctly, it is likely you will notice discomfort in areas like your back, neck, shoulders, and hips. If you have noticed a change in the way your body feels, you likely need to adjust how you have your workstation set up.

To set yourself up for a successful *and* comfortable workday, consider these tips:

- Use a chair with a medium amount of cushioning. This is important to help you achieve and maintain a balanced position.
- Elevate your screen to at least chin height to avoid craning your neck all day.
- Position your keyboard low. You should be able to place your hands squarely on the keyboard while keeping your wrists neutral and your elbows by your sides.

Another important thing to consider is how you sit. Your goal is to find a balanced, seated position. Here are some steps to help you find the sweet spot!

- Keep weight on your on your sits bones. When you are slouching forward, your hips are already in the right place. Avoid the urge to roll your hips forward as this creates a bowing in your low back and can lead to increased low-back discomfort or pain.
- Maintain your rib cage over your hips. The tendency is to forcefully roll your shoulders back and puff out your chest. Instead, keep you shoulders relaxed and raise your rib cage upward so it is in line with your hips.
- Keep your feet flat on the floor to help maintain a neutral hip and spine position.
- Make sure your upper shoulders and neck are relaxed. If you have done the work to line up your spine and position your screen or monitor correctly, you have done the work to let your shoulders hang out, nice and relaxed!
- Check to make sure your elbows are at your sides. If you have your keyboard properly placed, this should come naturally.
- Focus on your breath and direct your breath into your lower abdomen. During times of stress it is common to breath in the chest, but "belly breathing" can help reduce stress and bring a sense of calmness.
- Don't forget to find movement in regular, light stretching! This can be done while you are reading emails or taking phone calls.

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