



# WORKING FROM HOME

## Considerations for physical wellbeing



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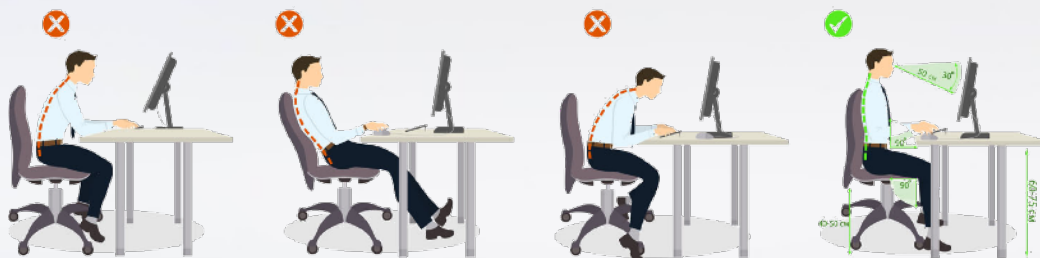
# WORKING FROM HOME

## Considerations for physical wellbeing

Whilst you are working from home it is important that you limit habits that have the potential to increase your risk of injury or onset of pain. Having a proactive approach to limiting these risks open up other opportunities to positively impact your overall wellbeing. This guide will aim to show you:

- **How to set up your home work space.**
- **What postural considerations to be aware of.**
- **Give you some ideas to improve mobility through stretching**

# Desk Setup



Whilst at home it can be easy to forget about your posture and how you have set up your work space, especially if you do not have a desk. Make sure that you avoid the following:

- Sitting slouched or off the edge of a chair
- Sitting on your sofa with the laptop on your lap - Standing and leaning over a low surface
- Staying still for longer than 1 hour

**No one is perfect so if you do end up in a bad position make sure you don't end up in it for longer than 20 minutes**

Make sure that you think about the following:

- Sit at a supported desk or if you don't have this, a table i.e. dining room table or kitchen table
- Sit on a supported chair where possible: use cushions for support if needed
- Use a keyboard and mouse if available.
- Try to make sure your laptop screen is at eye level i.e. using a slanted stand or raised on books (if you have a separate keyboard available).

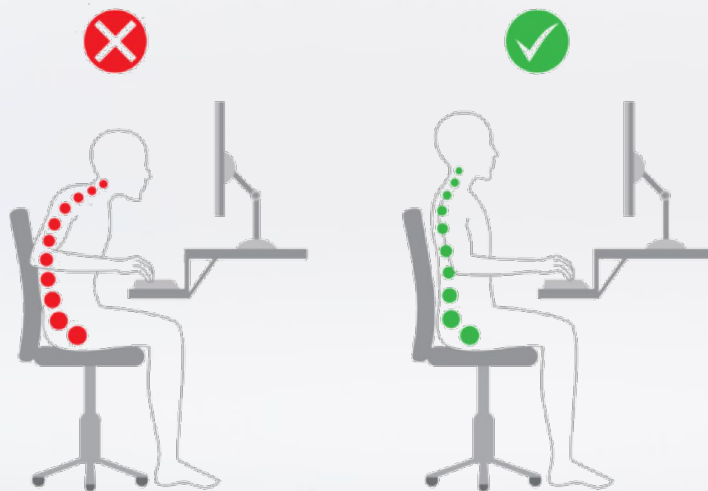
Change position regularly and try standing with your laptop on a raised surface.

**Re-check you position regularly every 20- 30mins if possible!!!!**



# Desk Setup

## Things to consider

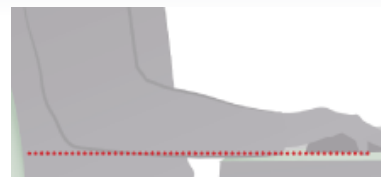


### Head positions



Straight neck – no poking chin

### Arms / forearms

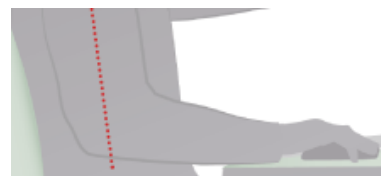


Forearms parallel to desk/table.  
Elbows rested / supported at 90 Degrees  
Use a mouse and keyboard where possible.

### Screen height



Eyes in line with the top of the screen.  
Arm width away



Relax shoulders and arms to your side.

### Backs, hips & knees



Sit upright and back into the chair  
Hips and knees at 90 degrees  
where possible

### Feet positioning



Feet flat rested on a stool if needed

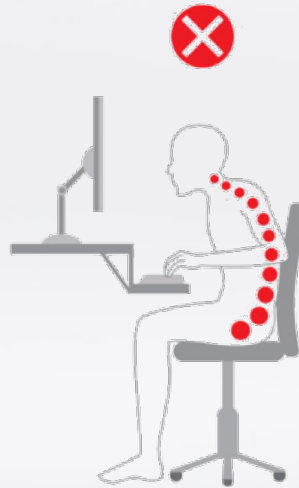
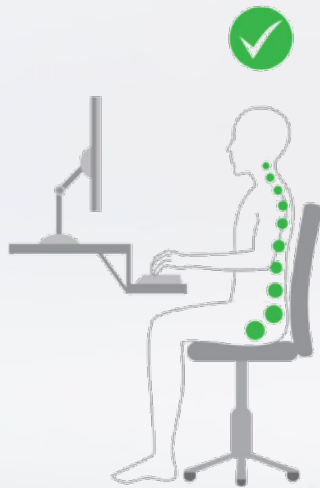


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# Desk Setup

## Things to consider



## Do's

- Keep shoulders down and relaxed
  - Keep your neck lengthened and head straight
  - Keep your mid and lower back upright when sitting and standing
  - Support your back when sitting
- Move every 30 mins – 1 hour

## Dont's

- Forward head
- Shoulders forward and raised
- Hips / Knee dropped lower than 90 Degrees
- Heels lifted ( on your tip toes)
- Legs crossed
- Leaning forward / on edge of chair



# Mobility and stretching

It is important to keep moving to help avoid any pain or dysfunctions occurring from long periods in sustained postures. Now that you are working from home there is no excuse not to do some exercises at or away from your desk. Try some of the following exercises to break up the day and move more effectively.



## Teapot Stretch

Stand with your feet shoulder width apart. Place your right hand on your hip, take your left hand over your head and gently bend your upper body to the right and hold for 1-2 seconds. Slowly return to the centre. Repeat on the other side. Repeat 2-3 times.



## Back Stretch

Place the palms on the lower back and gently lean back briefly before returning to the neutral position. Be careful not to lean back too far or over extend your neck. Repeat 2-3 times



## Top Tip

Research shows that it's much easier to form a new habit if we do it at the same time each day. So try to find some time slots that suit your working day to do these stretches such as 10am, 1pm, 3pm.



## Shoulder Pull

Hold under your right upper arm and across your chest. Hold the stretch for 20-30 seconds. Repeat on the other shoulder.



## Top Tip

Stop the exercised and seek medical advice if they cause pain, make symptoms worse or create new symptoms

## Shoulder stretch

Interlock your hands in front of you and turn your palms away from the body. Gently straighten elbows and reach forward. Hold stretch for 20-30 seconds.



## Neck Stretch

Reach over your head with your right hand. Slowly and gently pull your head away from your left shoulder and then let your left shoulder drop down to increase the stretch. Repeat on the other side.



## Quadriceps Stretch

Stand on one leg with your knees touching. If necessary, grab hold of a chair or wall for support. Grab your right foot and with your right hand and pull toward your bottom. Hold for 20 to 30 seconds. Repeat on the other side.





# Mobility and stretching

## Mid Back / Upper back

### THREAD THE NEEDLE

Start in four point kneeling. Reach your arm under and through to rotate your back. Repeat x 5.

- On your last stretch hold the arm across the body until you feel a stretch in the back of the shoulder hold x 20 – 30secs x 2 -



### CAT / COW

Start in four point kneeling. Slowly curve your mid back to the ceiling (like a cat). Return to the starting position and reverse so that your back dips and pelvis rotates forward. Repeat x 5



### ARM OPENINGS

Start lying on your side arms together. Rotate your back and follow your arm with your head as it opens up. Keep your shoulders down and hips forward (stacked on top of each other). Repeat x 4 each side



### PECTORAL STRETCH AGAINST A WALL

In standing place the arm into a door frame at 90 degrees at both the shoulder and elbow. Relax your shoulder and slowly rotate your body away from the wall until you feel a stretch in the front of your chest. Repeat x 5 slowly and hold x 20-30sec x 2/3.





# Mobility and stretching

## Lower back and lower limbs

### SHELL STRETCH

Start in 4 point kneeling. Slowly take your bottom off to your heels, keeping your arms forwards. Do not let your shoulders lift. Hold x 5 secs, repeat x 5 - 10.



### BACK EXTENSION

Lie on to your stomach. Slowly come up onto your forearms, hold for 5 secs and lower. If you are able increase your stretch onto your hands ( keep your hips down). Repeat x 5



### BRIDGE

Lie on to your back knees bent. Roll your pelvis back, to flatten your back into the floor. Tightening your bottom and lift your hips off the floor. (Peel your spine up) Lower slowly. Repeat x 5-10



Make this harder by progressing to single leg.

### KNEE ROCKS

Lying on your back knees together arms out to the side. Slowly rock your knees to one side, keeping your hip down and return to the start position. Repeat each side x 5



### ROLL DOWNS

In standing, slowly roll down to the floor (or as far as you can), hold x 5 secs and return slowly to the standing position. Repeat 3 x 5







# HELPING ORGANISATIONS AND INDIVIDUALS PRIORITISE THEIR WELLBEING

As an expert in employee wellbeing at work we have developed both the 1 Step North “Business Psychology” and the “Wellbeing in the workplace” programmes to support both employers and employees looking to prioritise wellbeing. The programmes are delivered in a number of ways including Masterclasses, Webinars, Conferences and 1-1 in both the public and private sector. However, we regularly get asked to create bespoke programmes that match the needs and expectations within organisations aligned with their culture and behaviour. Get in touch to find out more about our programmes and to take advantage of a **complimentary appreciative inquiry session**. We can create bespoke content for your organisation.

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