

# 21 healthy homeworking resolutions

Do you sometimes struggle to feel comfortable and productive when working from home? Setting yourself a few resolutions is a great way to develop a healthier routine.

Take it slowly; you don't have to transform your life overnight. Pick one or two to introduce every week and see how it makes you feel.

**1**  
Go for a walk at least once a day

**2** Swap coffee for herbal/fruit tea

**3** Upgrade to an ergonomic chair

**4**  
Try yoga videos for mental wellbeing and physical strength

**5**  
Buy a reusable water bottle

**6** Try the relaxing technique of alternate nostril breathing

Step One

Step Two

Step Three

Step Four



Begin by inhaling through both nostrils.

Close one nostril with a finger, exhale and inhale smoothly and completely through the other.

Now change sides, completing one full breath with the opposite nostril.

Repeat 3 times on each side.

**7**  
Create a dedicated space to work

**8** Sip water every 10 minutes

**9**  
Walk around to take phone calls

**10**  
Use video chat to see how your co-workers are

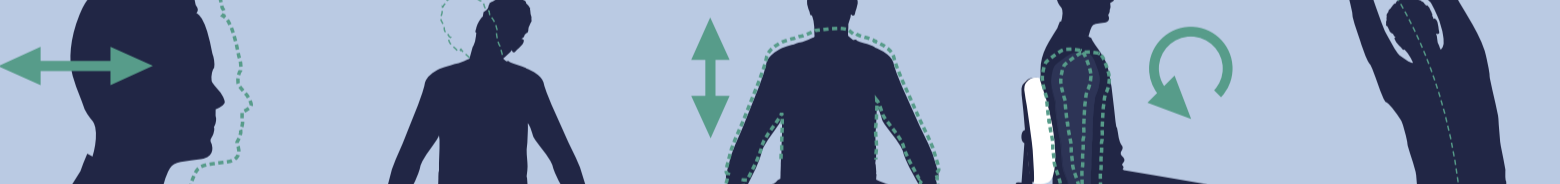
**11**  
Enjoy at least an hour of device-free time every day

**12**  
Take your lunch break away from your desk

**13**  
Use your break to go outside

**14**  
Be more open about how you're feeling

**15**  
Learn some desk stretches



**16**  
Practice them every 30 minutes

**17**  
Use a laptop stand to improve your posture

**18**  
Swap your fixed desk for a sit-stand desk or platform

**19**  
Set a timer to stand up every 20 minutes

**20** Tidy your work area at the end of every day

**21**  
After work, turn your email notifications off. Take time to enjoy the things you love in life