



Wellbeing tip

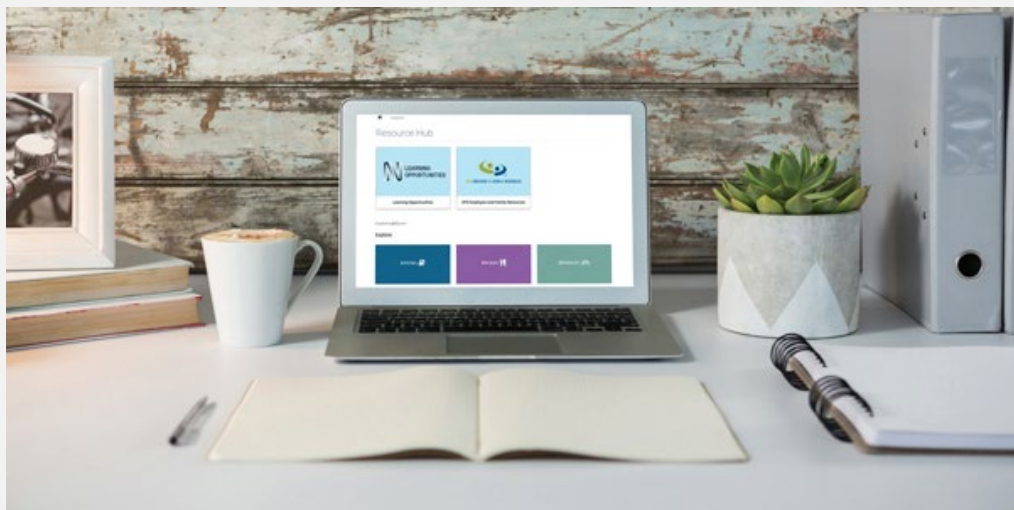
How to create a healthy home workspace

Whether you work from home full time or from time to time, having a designated workspace at home could improve your wellbeing. If where you work and relax are the same place, it's much easier to become distracted, overworked, or stressed. That's why it is so important to set proper boundaries.

Here are some things to consider when setting up a healthy home office:

- Designate an area of your home for work. A designated space will help you disconnect at the end of the day when you walk away from your workstation.
- Keep your monitors at a comfortable height to prevent muscle tension and strain. This can be accomplished with something as fancy as a stand-up desk—or even by stacking books on a regular workstation.
- Take advantage of natural light, which has been [shown](#) to improve mood, creativity, and quality of sleep. Try positioning your desk near a window or within a room with a lot of natural light.
- Select a comfortable, ergonomically correct chair that supports your back and allows you to rest your feet flat on the floor.
- Find your noise level. Do you need complete silence, or can you work regardless of external noise levels? If quiet spaces are limited in your home, consider noise-canceling headphones.
- Incorporate movement and regular breaks into your routine. If you have the space, consider opting for a home treadmill workstation, where you can walk and work simultaneously.

No matter how often you work from home, carving out a designated workspace will minimize your distractions and set you up to be more productive without neglecting your wellbeing in the process.



Portal tip

What's included in your wellbeing platform?

You can access a variety of convenient wellbeing tools and resources right from your platform dashboard! These easy-to-use resources are always just a few clicks away. Resources like ...

- **Your profile:** Hover over your icon in the upper right corner for links to your public profile, message center, favorites, account and privacy settings, and support.
- **Challenge to-dos:** If you are participating in a challenge, select **My To-Do List** to see your challenge tasks at the top of the page.
- **Featured challenges:** Your featured challenges are displayed on the home page, where you can read the challenge description or select **View Details** for more information.
- **Sync devices sidebar:** Select this sidebar to be taken to the **Connected Devices** page, where you can sync a device or review devices you have already connected.

Profile and activity sidebar

- **Profile tab:** Access the **Public Profile** page and view your challenge stats (or your lifetime stats if you aren't enrolled in a challenge).
- **Activity tab:** View the recent activities of your fellow participants. You can also "like" an activity to show your support or leave a comment.

Top navigation

- **Tracker:** Use this for manually tracking your nutrition, activity minutes, weight, sleep hours, water intake, and step count.
- **Resources:** This tab provides access to extensive libraries for recipes, workouts and articles, a meal planner, and items you've marked as personal favorites.
- Depending on how your program is structured, you may see other tabs—access these resources year-round to enhance your health.

