Working from home during an epidemic can be more challenging than usual for many of us. Theoretically, we have more time, more freedom, and less stress. However, it is difficult to make our working conditions optimal when the family is with us all the time. On top of that, it is easy to forget the boundary between work and private life – and fall into the trap of working late in the evening. So it makes sense to set up a certain rhythm of the day for yourself, including coffee and food breaks as well as one hot meal. We need energy to work.

When working at your home office, please make sure that your body is in good shape and that no ailments can prevent you from performing your everyday duties.

We should not forget to set up the appropriate space for work. At home we do not always have furniture that meets the requirements for a workstation. However, you can take care of yourself with some pieces of the equipment that was designed for some other purposes.

The general guidelines for computer ergonomics specify that the workstation should be set up as follows:

It may be difficult to implement these principles at home – however, please do your best to:

1. **Make a special section for work**

   It may even be a small area, but it is worthwhile for it to be used only for work. All the objects around should distract you as little as possible. A location of your home office with a view of children playing, a TV on etc. will quickly make you tired and frustrated. Your eyes are also able to see the side view, so your brain will record everything that happens around the computer screen.

2. **Try to keep the daily routine of "going out" to work**

   Even if it is an adjoining room or a separate room, it will separate your working time from your home time.
When you feel uncomfortable sitting, just let yourself take a break and move around or walk a little.

If the family members stay in the room.

Even if you don't have an office chair, it always makes sense to work with your back supported. At the level of your lumbar spine, put a pillow, a blanket or a towel – just make sure it is rolled up.

Working at a table that is too high will make you reflexively hold your shoulders up, which will quickly tire you out and increase the muscle tension within your shoulders.

Especially now, when you don't go to work and you have to give up your daily activities outside the house, please remember about simple exercises. You can do them at home or even at your desk.
If your laptop is on your lap, make sure you support your back and put a pillow or some other object underneath the laptop so that it gets a bit higher and you don't have to bend your head too low. Your laptop will heat up faster when you work this way so you need to take even more frequent breaks when working from the sofa.

With a laptop on the couch? Support your back

If your laptop is on your lap, make sure you support your back and put a pillow or some other object underneath the laptop so that it gets a bit higher and you don't have to bend your head too low. Your laptop will heat up faster when you work this way so you need to take even more frequent breaks when working from the sofa.

If you have an exercise ball at home, sit on it from time to time instead of on a chair

When sitting on an exercise ball, your spine and pelvis will be moving a little. Sitting on the ball from time to time is relaxing indeed.

Change your position – from standing to sitting

Your body will like it when you change your position – from standing to sitting – if you have a table or worktop that is high enough.