



The Wellness Wire

Herbert Wertheim College of Medicine

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Greetings as we all learn to reframe our lives during these unprecedented times. This issue of the Wellness Wire will be devoted to setting up a workspace at home that optimizes your wellness and productivity. Many of us do not have an ideal office at home. We are starting to feel the consequences in terms of mental and physical health, reduced productivity and strain on our families. Here are some recommendations to consider.

FIND A SPACE TO WORK

Ideally, you will have a nice desk in an actual office. If not, what space in your home would work best as your interim office?

- Does it have enough desk space?
- Is it off the beaten path(s)? If you have family staying at home with you, can you be in the corner of a room out of the way? What about outside on the deck/patio/balcony? There is fresh air outside!
- Try to separate yourself from the snacks in the kitchen. We want to avoid the “Quarantine 15”!
- Does it have a power source? Find a power strip so that you can plug in your computer, monitor, and all your devices for charging.
- Is your Wi-Fi good enough? Are you close to the router or do you need to upgrade your router or add a Wi-Fi extender?
- Does it have some natural light? Studies show that this makes you happier!

- Can you face the light, rather than have it at your back? If the light is behind you, it shines on your screen making it more difficult to see and causing eye strain. Facing the light also helps people see your face on a Zoom call!

MAKE IT AN OFFICE SPACE

- Assemble your office supplies/equipment
- Arrange your space so you have what you need, when you need it
- Make it safe. Move the cords so people don’t trip on them. Find a box to put files in so they aren’t on the floor waiting for someone to slip on them.
- Can you put out some plants? They create a peaceful environment, filter the air, help you manage your stress and increase your productivity and efficiency.

MAKE IT ERGONOMIC

- Do you want a standing desk or a sitting desk? You can use your ironing board. It is adjustable!
- If you are sitting, keep your feet flat on the floor, your knees at 90-120°, your elbows in line with your body, your wrists flat, your monitor at eye level.
- Put a pillow or towel on your chair so your forearms are parallel to your desk. Put another pillow or towel behind your back for lumbar support.
- You can use Amazon shipping boxes for your monitor and books for your feet to optimize height.
- An external keyboard will allow you to put your laptop screen up at eye level.

Check out our interactive Wellness Wall as well:

<https://teams.microsoft.com/#/school/conversations/General?threadId=19:5ff287f7a6744a96a18e22896ebd3b3a@thread.tacv2&ctx=channel>

