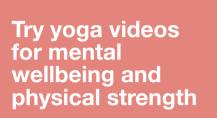


21 healthy homeworking resolutions

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.











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.



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



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

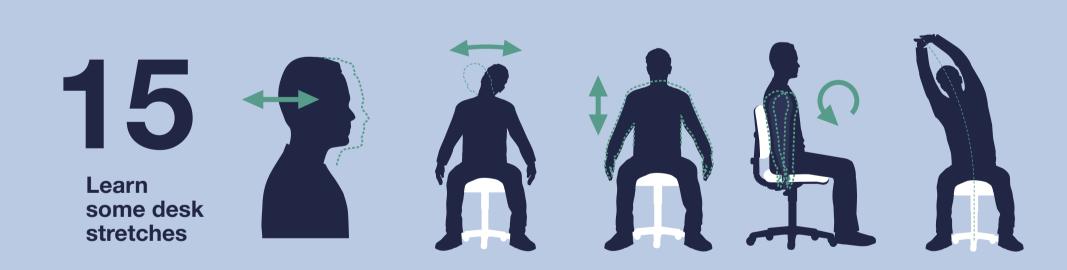
13 **Use your** break to go outside

0



Be more open about how you're feeling









What next?

You can browse our entire collection of home office furniture here:

www.posturite.co.uk/home-office-furniture.html

Remember, we're always here to help. You can chat, message, or phone us throughout the day here: www.posturite.co.uk/contact-us



Illustrations are for aesthetic purposes only and may not always depict a suitable DSE-compliant set-up.