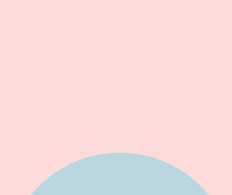


## 8 workspace tweaks to get into the zone at home

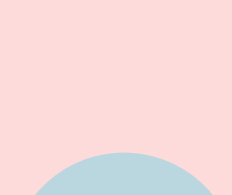
Working from home is totally different to life in the office. With help, advice and equipment from our employers, we should be able to create an environment we can reasonably knuckle down in without distractions or discomfort.



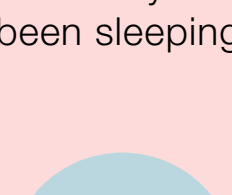
Getting into the perfect concentration zone at home depends on a combination of factors, including:



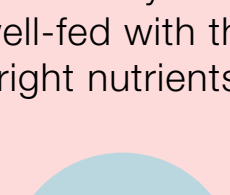
Your mood



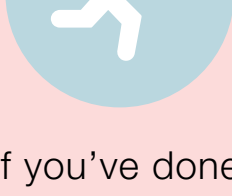
Your health



How well you've been sleeping



Whether you're well-fed with the right nutrients



If you've done enough exercise



How comfortable your environment is



Who and what is around to distract you



The nature of your work

While all of these factors are variable and tend to shift on a daily basis, some of them can be controlled - especially when it comes to your workspace itself.

Here are some ideas for easy workspace tweaks you can use to get in the zone at home.

1

### Declutter your space

Be ruthless. Recycle, give away, sell or store anything that's not vital to your day-to-day work routine. Being surrounded by clutter can have an adverse effect on your wellbeing, and make it more difficult to achieve an ergonomic sitting position.

**Divide your surface into zones. The more often you use something, the closer it should be to you.**



2

### Get some good storage solutions

Your desk surface shouldn't be for storage. An under-desk pedestal is a great investment.

[Shop home office pedestals](#)



3

### Invest in ergonomics

If homeworking looks like a staple part of your future, don't skimp on your equipment. Buying cheap is not economical in the long term, especially as you'll be missing out on important adjustment features that will help keep your body healthy and injury-free.

**You'll need:**



+



+



**An adjustable chair**

[Shop homemaker chairs](#)

**A desk that suits your space and needs**

[Shop homemaker desks](#)

**Ergonomic accessories**

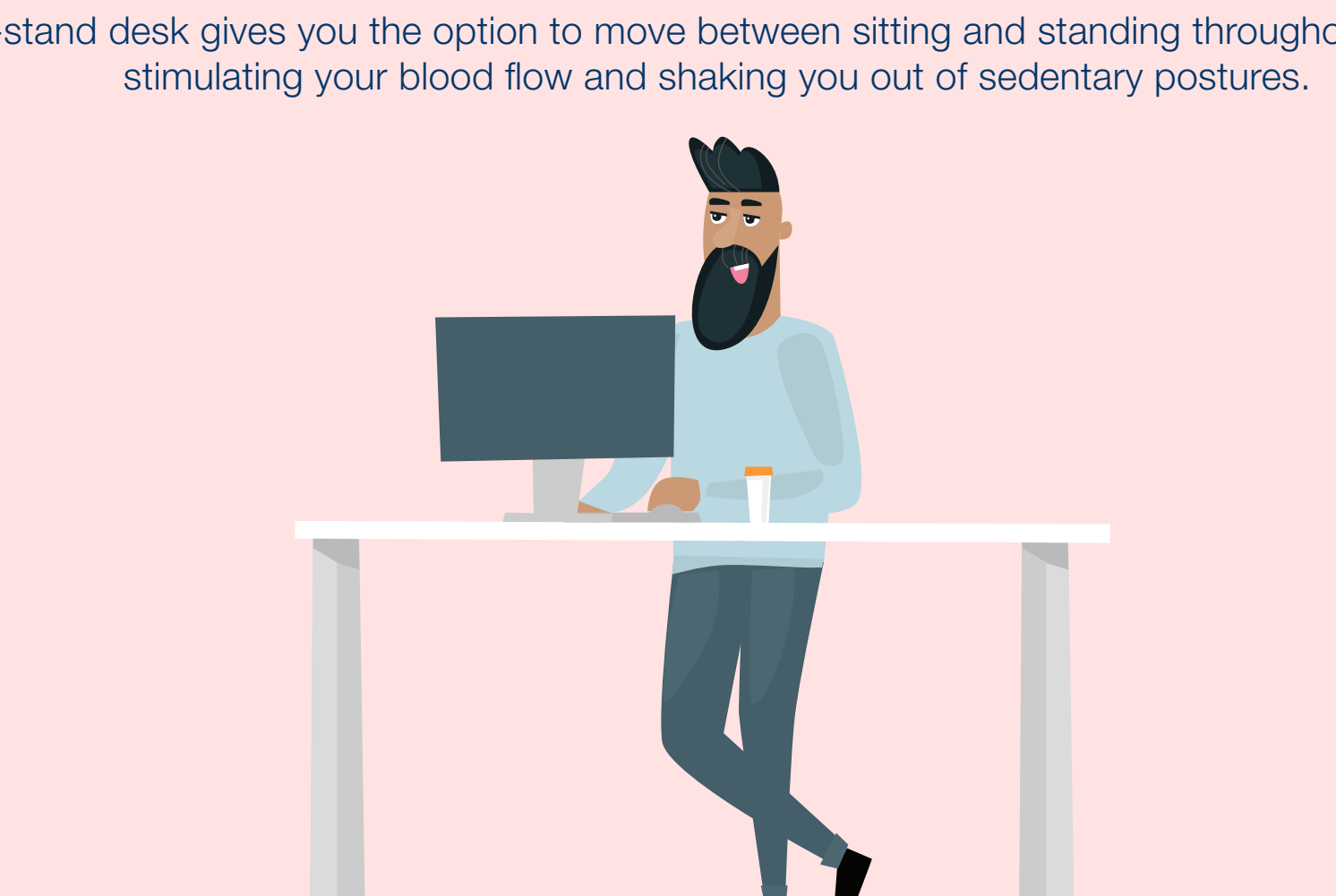
[Shop ergonomic accessories](#)

4

### Embrace active working with a sit-stand desk

We tend to move around more at the office - after all there's further to go. With all the steps from the car park, station, toilets, kitchens and meeting rooms to your desk adding up, you might find yourself significantly falling short of the recommended 10,000 steps in the comfort of your own home.

A sit-stand desk gives you the option to move between sitting and standing throughout the day, stimulating your blood flow and shaking you out of sedentary postures.



You can also set an alarm to move regularly - jumping jacks, high knees and press ups are great for a quick heart-rate booster (as long as you are fit and healthy).

5

### Spruce up the place with plants

Not only do plants help with air quality, they also form attractive partitions and add colour and style to bland workspaces. Adding greenery, photographs or even changes in light or scent to office spaces, is thought to increase productivity by up to 15%, as well as boosting overall staff morale and satisfaction.



6

### Control background noise with a headset

It's more difficult to control noise levels at home than it is in fit-for-purpose office blocks. Family, housemates, neighbours, builders and barking dogs can all make it difficult to get into the zone. In this case, a noise-cancelling headset can really come in handy. Not only do they block out background noise, they also enhance the quality of your calls so you don't waste time with poor connections and misunderstandings.

[Shop headsets](#)



7

### Play around with the position and angle of your desk

Glare and reflections from light sources can obscure your screen, causing you to squint or lean forwards to see what you're doing - both of which can cause eye and musculoskeletal issues. Don't be afraid to move your furniture around to create a pleasant working position. Space management is an art but with a little research and experimentation you could drastically improve the look and feel of your workspace.



8

### Install good lighting

Lighting is often overlooked in home offices, but it's important not just for your ability to work, but to prevent eye strain, headaches and other health issues. Use multiple light sources and adjustable desk lamps to manage the light to suit the task you're completing - don't just rely on a ceiling bulb, which can make the place feel dingy too.



### What next?

There are plenty of home office solutions at Posturite.

Visit [posturite.co.uk/homeworking](https://www.posturite.co.uk/homeworking) to give your home workspace an ergonomic spruce-up.