

Discover Key Ways To Keep Your Health On Track Working At Home

Description

During the pandemic, more people than ever before began to work from home. This was the only concrete way to ensure that social distancing could be maintained and to keep everyone safe. It's worth noting that the pandemic isn't behind us just yet and you could still be leaning into a home run business model. If that's the case, then it's important to know some of the key ways that you can stay healthy working from home. There are definitely some issues here that you need to be aware of.



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Screen Trouble

If you are working from home, then you're probably going to be [staring at a computer screen](#) for a large portion of the day. This in itself isn't a massive issue however it can still cause health issues. The main problem with staring at a screen all day is that it can impact your eyes. You might find that you experience eye strain a lot more if you are constantly staring at your computer. This could lead to severe headaches or simply cause you to feel tired throughout the day.

There are a few ways to deal with this issue. For instance, you might want to think about investing in some blue light glasses. This ensures that you won't be impacted as much by the intense light that shines from a laptop screen or a similar tech device. You could also think about the environment where you are working. It's not recommended that you work in a dark room as this is going to make the impact of a computer screen light far more dramatic.

RSI

One of the most common health issues that you definitely need to be aware of when working from home is RSI. A [repetitive strain injury](#) is caused by typing for long periods typically without breaks. While RSI will start off as a minor pain, it can get more severe over time. It might impact your productivity levels at first before quickly leading to pain that's severe enough you won't be able to work at all. That's why it's important to know how to handle RSI the right way.



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If you are keen to avoid this health issue, you should think about ensuring that you are typing with the right posture. There are great guides online that will tell you the best ways to avoid issues here.

You might also want to think about investing in some new furniture and technology. Ergonomic furniture is a great option as it will make it far easier to type. Sit-stand desks can be the perfect example of this. It will ensure that you are able to change your typing position if you do feel pain starting to develop.

If you are already suffering from something like RSI, then you might want to think about pain management. You will probably need to take meds for your condition. We recommend that you think about using ibuprofen. A lot of people wonder about the [ibuprofen vs paracetamol](#) debate. Ibuprofen will generally be the better choice as it will allow you to reduce your inflammation considerably. This can be just what you need to keep your pain under control.

Remaining Still

Finally, you might need to think about how you can avoid the health issues that are associated with staying still for too long. Research suggests that sitting down for long periods and doing next to nothing could be just as damaging to your health, if not more so, as smoking a carton of cigarettes a day. As such, you should think about how you can keep yourself moving through the day. You might want to explore options like desk yoga. This is a great way to keep active even when you are working from home.

Alternatively, it could just be a matter of ensuring that you are [taking regular breaks](#) and walking around through the day. Even if you are working from home, you should make sure that you are taking trips out to places like the park. A walk around an area like this could do you a world of good.



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We hope this helps you understand some of the key ways that you can keep your health in check when you are working from home. It's important to realize that just because you are working from home doesn't mean that you are less vulnerable to health issues. There are plenty of problems that do need to be addressed here and if they're not then they will ultimately begin to impact your quality of life.

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