

create a healthy workspace

1



Make a happy space.

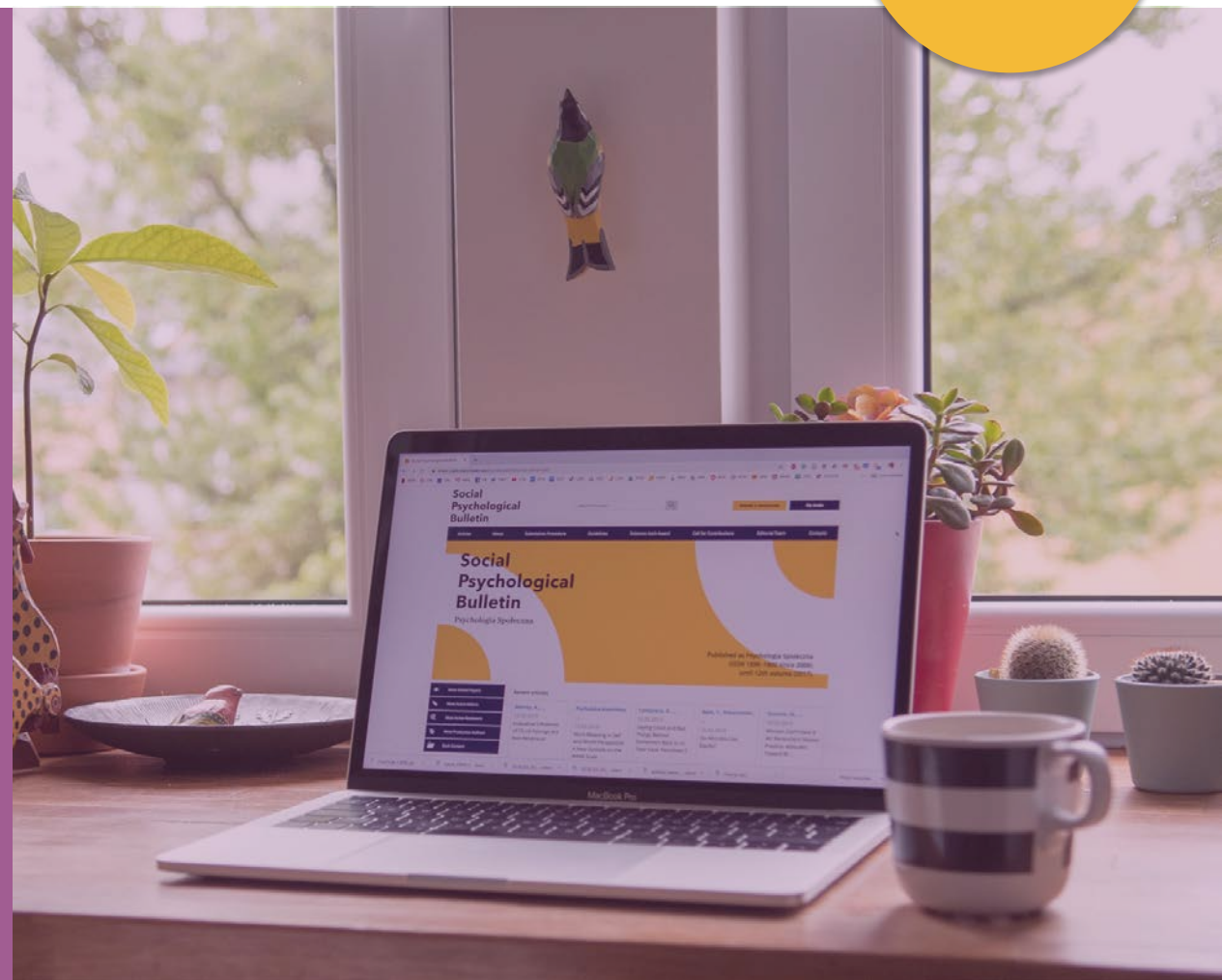
Whether you work at home, in the office, or out of a vehicle, creating a happy and healthy workspace can improve your job satisfaction and productivity.

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Keep your space clean and organized.

Clutter sends messages to your brain that work is never getting done. Throw away what you do not need, assign everything a place, and clean up after you finish each workday.



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Have fun and decorate.

Plants reduce stress, enhance motivation, and promote mental relaxation. Other decorations such as pictures, positive quotes, and joyful objects do the same. Do your best to make your workspace visually appealing to you.

Make healthy habits accessible.

If it is there, you will use it. Keep a large water bottle, healthy snacks, a stress ball, and a journal within arm's reach.

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Invest in comfortable furniture.

Whether it is an ergonomic chair, a standing desk, or a car seat cushion, it is important to use furniture that promotes good posture. Poor posture is associated with decreased productivity due to pain and discomfort.