5 tips to work healthier from home

01. Adjust your workspace
Consider the quality of light, the ergonomics of your chair, and the placement and angle of your computer screen.

02. Adjust your technology
Make sure all digital tools are up-to-date and optimized for smooth, seamless operation.

03. Communicate your needs
Let your family and/or housemates as well as your workmates know what you need to be productive.

04. Commit to your outcomes
Establish work outcomes and arrange a schedule based on your personal preferences that helps you deliver them.

05. Commit to your health
Take time throughout the day to recharge your mind, body, and spirit.

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