

# Live Well Monthly

## Resources for Better Wellbeing

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## Give Your Workspace a Makeover

Whether you work from home or in an office setting, there are some steps you can take to ensure that your workspace supports your wellbeing.

Prior to the pandemic, many offices transitioned to open-plan<sup>4</sup> formats to encourage employee collaboration, but they inadvertently saw an increase in cold- and flu-related work absences. Sometimes the best intentions do not go as planned. That is why it is important to reassess your workspace periodically, so you can identify factors that may be getting in the way of your health.

Here are a few ways to design a healthier workspace:

**Deal with the clutter.** While clutter means different things to different people, tidy workspaces generally enhance productivity. If you cannot find what you need when you need it, then it may be time to reevaluate your systems for organizing.

**Make healthy snack options easier.** If you find yourself in front of the candy jar several times a day, you may want to relocate (or eliminate) it and replace it with healthier snack options.

**Assess ergonomics.** Assess your seating, desk height, keyboard and mouse positioning, and how you interact in your workspace.

**Adjust the temperature.** According to a 2020 study, the ideal temperature for both energy saving and productivity is 77 degrees<sup>4</sup>. If you have the ability to adjust the thermostat, you may want to fine-tune the temperature to boost your productivity.



**Decorate with live plants.** Research suggests that adding living green plants<sup>5</sup> to your workspace can improve your health. Not only can plants spruce up the vibe of the workspace, but they have also been shown to help remove air pollutants.

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*Healthy workspaces encourage healthy behaviors. Because you spend so much time in your workspace each day, make sure it supports your wellbeing in a positive way.*

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5. <https://doi.org/10.1108/JCRE-11-2018-0045>