



How to maximise your wellbeing while working from home

Working from home can be a really positive thing, but it also changes the ‘background conditions’ that keep people well at work—your chair/desk setup, how often you move, how long you stay on screens, and how connected you feel to colleagues. There’s a few things you can keep in mind to stay happy and fulfilled when working from home - sometimes all it takes are a few minor changes to your routine—hydration, eye breaks, movement, fresh air, and boundaries around downtime. Those small habits matter because they reduce the gradual build-up of fatigue and stress that can show up later as reduced focus, lower mood, or physical discomfort.

Remote work often means more time sitting down and working in front of a screen, which can increase the risk of employees developing musculoskeletal disorders associated with repetitive strain injuries. This is why prevention is key.

Injury prevention tips when working from home include:

- ▶ Aim to stand up or move away from your desk for at least 5 minutes every 60 minutes
- ▶ Drink sufficient water throughout the day
- ▶ Vary your time between sitting and standing during the day
- ▶ Go outside for some fresh air- a short break will provide a real energy boost
- ▶ Give your eyes regular rests from screens to help relieve eye strain
- ▶ Maintain basic seated posture during seated work – feet flat, lower back supported, shoulders and arms relaxed, and elbows close to your body.
- ▶ Chair exercises: do short, gentle chair-based movements during the day to help reduce neck and back stiffness, especially after long periods of no movement.
- ▶ Stay connected with co-workers with regular check-ins.



In addition to these injury prevention tips, we also recommend the following:

Workstation Check

- ▶ Adjust the chair so your thighs are parallel to the floor with your feet flat and set your arm position, so your forearms sit comfortably at roughly between a 90–110-degree angle while keeping wrists straight when typing or using the mouse.
- ▶ Position the monitor about an arm’s length away, with the top of the screen at (or slightly below) eye level and directly in front so your head and neck aren’t turned.

Regularly change posture

- ▶ Even when using a sit/stand setup, keep changing posture—about every 30 minutes, try moving around for 2 minutes to avoid staying still for sustained periods.

Use separate keyboard and mouse

- ▶ If you are engaging in long stretches of screen work (especially on a laptop), using a separate keyboard and mouse can help maintain a more neutral posture.



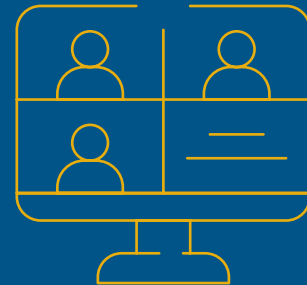


Social wellbeing and connection

Working remotely can sometimes feel isolating, so it's important to stay connected and look after our social wellbeing wherever possible.

A few simple actions to help keep connection strong and reduce stress over time are:

- ▶ Schedule regular check-ins with your team (even a short 5- 10 minutes can make a difference)
- ▶ Turn your camera on when appropriate to help maintain connection and reduce misunderstandings
- ▶ Make space for informal catch-ups, such as a virtual coffee or a short 'how's everyone going' at the start of meetings
- ▶ Be clear about availability and boundaries (start/finish times, lunch breaks) so everyone can respect downtime
- ▶ If you notice someone going quiet or disengaging, reach out—small moments of support matter.



Creamy Chicken Penne

Prep: 5 mins Cook: 15 mins Serves: 4

Ingredients list

- ▶ 1 brown onion, finely chopped
- ▶ 2 garlic cloves, crushed
- ▶ 200 g button mushrooms, sliced
- ▶ 500 g chicken breast, diced
- ▶ 2 medium zucchini, grated
- ▶ 2 tbsp tomato paste
- ▶ 1 cup milk
- ▶ 200 g baby spinach
- ▶ 300 g wholemeal penne pasta

Method

- ▶ Cook pasta as per packet instructions. Reserve 1 cup of the pasta cooking water, then drain.
- ▶ Heat a little oil in a large frypan. Add onion and cook for 3–4 minutes until softened. Add garlic and mushrooms and cook for 2 minutes.
- ▶ Add chicken and cook, stirring occasionally, for 5 minutes until it starts to brown.
- ▶ Stir in tomato paste, zucchini and milk. Bring to the boil, then reduce to a simmer.
- ▶ Add cooked pasta, 1 cup reserved pasta water and spinach. Simmer for a few minutes until the spinach wilts and the sauce thickens.



Lvl 3, 170 Railway Parade,
West Leederville WA 6007

(08) 9483 8888  lgiswa.com.au

The information in this document is general in nature and is not intended to be relied upon as advice regarding any individual situation and should not be relied upon as such.

This information is based on sources we believe to be reliable but we make no representation or warranty as to its accuracy.

No part of this document may be reproduced or transmitted in any form by any means, electronic or mechanical, including photocopying and recording, or by an information storage or retrieval system, except as may be permitted, in writing, by LGIS.

LGIS is managed by JLT Public Sector, a division of JLT Risk Solutions Pty Ltd (ABN 69 009 098 864 AFS Licence No: 226827) ("JLT") and a business of Marsh McLennan.

© 2022 JLT Risk Solutions Pty Ltd. All rights reserved. LCPA 22/187.

The LGIS WorkCare Services team are specialist health and wellbeing professionals.

**Contact the team on 9483 8888
for more information on our health
and wellbeing services.**