Guide to work from home fatigue

- **Homeworking Pros**
  - Flexible work patterns
  - Greater flexibility to manage your workload by deciding your own work patterns.
  - Aiming for 5 fresh vegetables and 2 portions of fruit a day.
  - A healthy working routine can make a difference to your health and work. That reduced activity will be an issue if you live with others but it can start to intrude on your personal matters.
  - Less commuting and less traffic.
  - No more time and money wasted on train fares.

- **Homeworking Cons**
  - Not skipping breakfast can lead to feeling tired and weak.
  - Working at home can make you feel lonely.
  - You may come to miss socialising with your co-workers and start to feel isolated after a while.
  - You may find it harder to knuckle down.

How can working from home cause fatigue?

- Fatigue will be caused by:
  1. Poor posture
  2. Not eating a healthy diet
  3. Lack of motivation
  4. Not getting enough exercise

What’s next?

- Establish a healthy working routine.
- Get plenty of exercise and movement.
-吃得新鲜蔬菜和水果。
- Aiming for 5 fresh vegetables and 2 portions of fruit a day.

How to fix work from home fatigue

- **1. A healthy working routine** – From sitting for too long, you can improve your posture with suitably positioned ergonomic equipment like a footrest. Your head should have balanced head, back support, and arms relaxed by your side.

- **2. Eating a healthy diet** – A variety of fresh vegetables is eye level. Eating dark green vegetables, beans (to reduce anaemia), such as lentils, dried apricots and nuts helps.

- **3. Getting enough exercise** – You need 30 minutes of sitting or lying down and get your blood pumping.

- **4. Full set of movement** – Aiming for 5 fresh vegetables and 2 portions of fruit a day.

- **5. Planning some unscheduled events** – You can find more detailed advice and information about products on our suggested products.

- **6. Getting plenty of exercise and movement** – You may be experiencing work from home fatigue and should consider the following fixes.