

Personal Health Hack #1

Simple Stress Management

The good news about working from home is that you usually can create an atmosphere of your choice. In other words, if you find motivational posters or a desktop fountain relaxing you can put them in your office. The bad news is that most people who work from home live with other people and are often unable to disconnect when it comes time to work.

That's why for a lot of people who work from home, the best thing to do is to simply get out of the house. After you have worked a few hours, go for a walk around your neighborhood. Or take a warm bath in the middle of the day. Whatever it is that works for you. Just be sure to compensate that lost time back into your workday somewhere.

Earlier it was mentioned that you should have a specific location for work hours. Sometimes just taking in a short tv show or something in another part of the house can recharge your batteries.

Personal Health Hack #1 - EXERCISE

Simple Stress Management

Analyze your current working routine and determine when you feel the most stress (is it project based, client based, working hours based, etc...):

Make a list of 10 things you can do to disconnect and relax for a while:

Personal Health Hack #2

Stretching

One obvious bonus of working from home is your choice of attire. If you are a yoga queen, you can easily wear your yoga pants all day long. In the midst of your afternoon, pull out your matt and do a little stretching. This will help keep your back muscles from tightening up.

Stretching can be a great stress reliever or just a part of your daily routine. Mentally focus as you stretch each morning. Contemplate what you will succeed in the day ahead. Consider how a focused mind will reap rewards for you down the road.

Sitting at your desk can be hard on your back, neck and posture. Stretching can go a long way in keeping you healthy for years to come.

Personal Health Hack #2 - EXERCISE

Stretching

Go to Google and research all the different kinds of stretching exercises that can help you:

Make a calendar alert for once or twice a day to remind you to take a break for some stretching.
Write your stretching schedule below:

Personal Health Hack #3

Home Office Workouts

A lot of people that work from home also work out there. This can be incredibly convenient. Take some time to research hallway exercises. These are things like lunges and squats that will get your blood pumping. Quick little workouts to peak your energy are fantastic to do while working from home.

A pair of dumbbells can go a long way when you are working out. Some people prefer videos, others just like to have a set routine. Burning just a few extra hundred calories can not only increase your happiness but your productivity. And who couldn't stand to lose a little weight. And remember, when you work out you sleep better too. So any sort of exercise you can do from your office can make your whole day run smoother.

One item that has taken the work from home industry by storm is using an exercise ball as a chair for part of your day. This will help you with your posture and increase some calorie burning pretty easy.

Personal Health Hack #3 - EXERCISE

Home Office Workouts

Do a Google search and identify 7-10 home office based exercises that you can do that require no equipment:

Create a weekly exercise agenda and create calendar alerts to remind you to workout. Write your agenda below:

Personal Health Hack #4

Eating Habits

One of the biggest drawbacks to working from home is your accessibility to the kitchen. Many, many people eat much more often because they are so close to the fridge. This can be good or bad. If you lack the discipline to only eat when and what you should, be sure to put in the effort to curb your bad eating habits.

Little tricks include breaking up snack items into snack bags and marking them per day. Another tool is to simply put a schedule together and place it on the fridge itself.

It's great to be able to access your home kitchen whenever you want. You can take the time to cook meals and save money. However, if you are just constantly grazing you will start to pack on the pounds in no time. Be sure to know your limits and put a plan in place to keep yourself from going overboard.

Personal Health Hack #4 - EXERCISE

Eating Habits

Analyze your current eating habits and identify the areas that you want to make changes in:

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Put together a weekly meal plan including types of foods, meal frequency, time of eating, etc...

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If this suits you, create calendar alerts for your designated meal time. Enter your agenda below:

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Personal Health Hack #5

Getting Outside

For so many people that work from home, they treat their house like one big cubicle. Make a point to take a walk around the block. Take your dogs to the park, or find activities to do outside the house during non work hours. This will help you from developing a hermit like lifestyle. And as long as you can keep yourself focused, consider working from a coffee shop a couple mornings a week.

It might be tempting to work the hours away but, getting outside and interacting with others will make you feel better. Getting the sun in your face and moving around will help you physically. And interacting with your neighbors and friends will keep you emotional happy as well.

Setting boundaries not only keeps you from being distracted, but it can also keep you from working *too* much. So make sure to put some “outside time” on your schedule.

Personal Health Hack #5 - EXERCISE

Getting Outside

For each day of the week, select a 30 minute block of time where you will be able to disconnect and get outside:

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Create calendar alerts to remind you to go outside during your designated times.

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