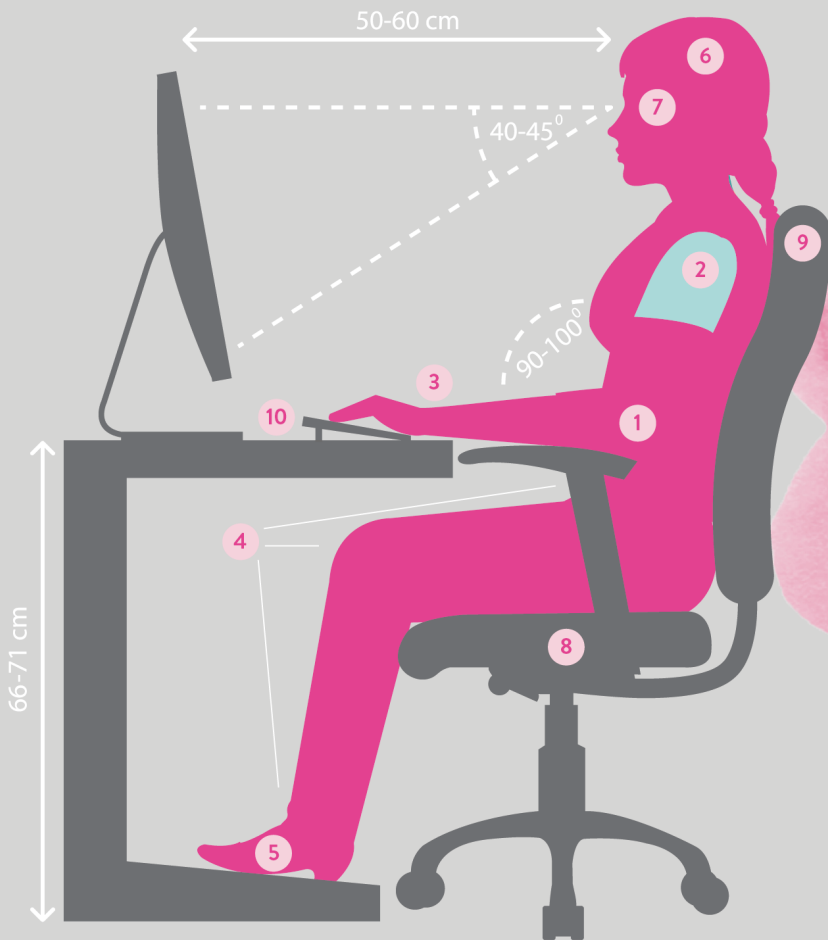


# Workstations

- Be an upstander. Limit sedentary activity to 30 minutes and then take a movement break to bolster BDNFs and positive neurotransmitters like serotonin & dopamine.
- Check your ergonomics (see the PDF checklist to correctly set up your workstation).
- Take longer movement breaks every 60 minutes. Good breaks allow for movement, autonomy (choice over what you do) and connection with others.
- Schedule a walking meeting. Can you swpa a Zoom or Teams meeting to a phone call and chat over the phone, or in-person if possible?

**YOUR ONE MICRO-HABIT  
FOR DAY 4:**



*Do you have the correct posture?*

1

*Elbows*

Above the desk, at 90-110 degrees

2

*Shoulders*

Relaxed as opposed to hunched

3

*Wrists*

In line with forearms

4

*Hips, Knees, Ankles*

At 90 degrees whilst seated

5

*Feet*

Flat on the ground or footrest  
For prolonged standing, consider a mat

6

*Head*

Upright with ears aligned with shoulders

7

*Eyes*

Looking at the top third of the screen.  
Consider the use of a laptop raiser with your laptop

8

*Seat length*

Should be long enough to provide support beneath thighs

9

*Backrest*

Angled at 90-110 degrees with adequate lumbar support in line with lower back

10

*Keyboard and Mouse*

G and H of keyboard aligned with your nose. Mouse gripped loosely



*If you're using a laptop;*

Used with a riser, external keyboard and external mouse

DR KRISTY

GOODWIN