

4 Quick Self-Care Tips for the Office

1

Daily Desk Cleanup

Set a timer for 1 minute every day to tidy up your desk. Keeping your workspace clean will help you stay organized and reduce stress.



2

Move & Stretch

Take time throughout the day to stand up and move your body. Periodically stretching can relieve tense muscles and clear your head.



3

Eye Screen Health

If you're staring at a screen most of the day, practice the 20-20-20 rule. Look 20 feet away from your screen for at least 20 seconds every 20 minutes.



4

Eat Well & Stay Hydrated

Keeping healthy snacks nearby and drinking enough water throughout the day can improve energy levels and productivity.

