

Things you should do when you get back to the office.

Make sure you work in a bright room, not facing a window while working on a monitor, so that no direct light will display on your monitor



Give yourself mini-breaks throughout the day

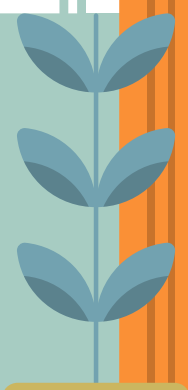
Tidy workplace

Drink 3 liters of water or non-sugared tea per day

Clean your workplace regularly (once or twice a week), including your mouse & keyboard

Air your rooms at least three times a day
Surround yourself with plants

Eat vegetables & fruits every day



Work ergonomically, sit upright with your neck and shoulders relaxed



Move regularly, stand up at least once every hour