Eyestrain? Sore back? Making even small tweaks to furnishings or work habits can make you more comfortable. To reduce your risk of injury and improve your performance, and well-being, consider these practical ergonomic tips.

**Adjust Your Immediate Surroundings**

- **Start with a good chair**
  Stick with proper ergonomic seating to increase comfort and reduce risk of injury.

- **Position your screen correctly**
  To reduce eyestrain, a monitor arm can easily hold a screen in the proper position.

- **See the light**
  To minimize glare and illuminate work materials as needed, use an adjustable task light.

**Incorporate Movement and Visual Breaks into Your Work Day**

- **Vary your posture**
  For better health, create a daily work style that includes both seated and standing postures.

- **Keep moving**
  To stay active, take a short walk during your lunch break, or build in stretch breaks throughout the day.

- **Rest your eyes**
  To reduce eyestrain, incorporate brief “rest breaks” to refocus and rest your eyes throughout the day.

**Nourish Your Spirit with Connections to Nature**

- **Soak up some sun**
  Improve your mood by working in—or walking through—areas in direct sunlight.

- **Bring in plants**
  Use plants to reduce stress and create a feeling of well-being.

- **Give yourself a view**
  Improve memory and focus by viewing natural settings, or images of such, during the work day.