

Are you sitting comfortably?

With remote working now normal for many of us, we need to make sure we are setting our work day up to keep us physically well. Follow these top tips to keep you healthy.

Prevention

Setting our workstation up correctly is key. For simple DSE advice for your home working follow [these tips from Posturite](#)

Staying mobile is crucial to keeping us physically well. [Try this simple 'midday mobilisation'](#) to help loosen off. For more exercise tips try the [CSP website here](#).

Don't go it alone! Just because you're remote working doesn't mean you can't join in online classes with others. Email dchst.engagement@nhs.net to find out what's available.

Structure your day for success! Taking breaks, managing your hours and breaking up the day are all crucial. View Jamie Broadley's [YouTube video](#) on working from home.

Get some friendly advice on how you can set your day up to stay physically well by booking a coaching session with the wellbeing team. Check out [the list on the Trust website](#) to book your slot.

Physio support is still available for any niggles you may be experiencing. Contact Occupational Health or <http://www.dchs.nhs.uk/msk-triage-derbyshire>.

Support