



Hello, techie 🙌

As you know, nowadays, it's easy for those who work in the tech world to work from home. But let's face it - **our workspaces are more than just a desk and a chair.**

They're the command centre where we conquer our daily battles, the launchpads for our brightest ideas, and sometimes, the only place where we can find that broken stapler.

Transforming these spaces into cool and healthy work zones is more crucial than you think:



Ergonomics is your New Best Friend

First things first, let's talk about "ergonomics", a fancy word with a simple concept. It's all about making your workspace fit you like a glove.

People spend almost a third of their day in an office chair so please invest in a chair that supports your back and doesn't squeak every time you reach for your coffee. Your spine will thank you, and your concentration levels will skyrocket.

[Discover which type of chair suits you best here.](#)



Light It Up

Lighting is crucial. Bring in some natural light, get a desk lamp that doesn't remind you of an interrogation room, and watch as your workspace becomes productive.



Keep a tidy background

With interviews, meetings, and gatherings taking place through video calls, maintaining a clean and organised virtual workspace is crucial. It

reflects a sense of professionalism and shows a disciplined approach.

Green is the New Black

Plants. They're not just for gardeners. A little greenery in your workspace can boost your mood, clean the air, and if you talk to them nicely, they might just help you solve that problem you've been stuck on.

Choose low-maintenance plants like cactus or maybe a spider plant, unless you're aiming for a secondary career in botany.

Tame the Cable Jungle - Protect and Organize

You know what I'm talking about - that spaghetti-like mess of cords under your desk that looks more like a cable monster waiting to trip you.

Not only is it an eyesore, but it's also a hazard and can shorten the life of your cables. Use cable sleeves or conduits to shield them from wear and tear. Also, avoid over bending or stretching them, as this can cause internal damage.

Foster a healthy and active lifestyle right at your desk.

Introduce small changes into your workspace that encourage physical activity. Install a compact pedal exerciser under your desk to keep your legs moving while you work.

By making these small yet impactful changes, you're setting the stage for not just a healthier workday, but a healthier life. Now go forth, rearrange, decorate, and dominate.

Your workspace, your rules.

Stay cool, stay healthy, and most importantly, stay awesome.



Mary Lander

Manager @ Landing.Jobs



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News



Why 75% of companies plan to downsize office space next year

Some 75% of businesses plan to reduce office square footage next year, according to a survey from hybrid work platform Robin, including responses from over 500 business owners and facilities managers. That's up 30% from last year.

[Read more](#)



Going Remote: How to Create Your Own Flexible Workspace

This guide, you'll learn all the must-have components for creating a flexible workspace anywhere in your home, garage, she-shed, houseboat, dining room, or wherever. Then we'll also share a few Instagram-worthy examples that will give you major inspirational vibes to run with.

[Read more](#)

👉 The Best Desks To Give You A Comfortable, Stylish Workspace | [Forbes](#)

👉 Are Employees More Productive Working From Home? | [Business.com](#)

👉 How to negotiate remote and hybrid work schedules as a job candidate | [Worklife](#)

Have a nice week!

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