

- Mental health

Healthy space hacks to cure the pandemic blues

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Work and learning are now mostly done at home. Many of us realized how much more our homes can be improved. We also hear the term “fluffing” a lot these days aside from the recent buzzword—“languishing.” What do these buzzwords mean? Fluffing means improving a space by rearranging pieces of furniture, decluttering or adding elements without construction. Languishing was defined on a New York Times article by Adam Grant as, “the absence of well-being. You don’t have symptoms of mental illness, but you’re not the picture of mental health either.”

As disruption continues in our work and life outside of it, we have no other choice but to adapt. One of the best ways to adapt is to hack our way to achieving a healthier space. To achieve this, it should be ergonomic. Ergonomics is the relationship of the user to the elements present in that space. If the user is comfortable then it is expected that productivity will also increase. If this kind of efficiency is achieved then that space is considered ergonomic. Ergonomic furniture can be expensive, so here are some helpful hacks to improve your WFH (work from home) and LFH (learn from home) setup:

1. If we need to add tables and chairs, make sure to measure first the space before ordering furniture or even equipment. It’s such a hassle to spend on something that won’t fit. Ergonomics is all about correct measurements, perfect fit and right scaling.
2. Add a lower-level table to your existing computer table. This is for your keyboard and mouse. It is ideal to type when your arms are at a 90-degree angle.
3. If you already have an existing chair and you wish to make it a bit ergonomic, you may use a medical back stretcher as your backrest. It will force you to sit up straight which will lessen lower back pain.
4. Your feet should be flat on the floor while working or it should have a resting place underneath the table.
5. Make sure to have space to stretch or walk around to prevent musculoskeletal issues. You know what they say, slouching is the new smoking!