



Healthy in the home office

Single, well off, friends in the neighborhood - this is the group of people for whom working at home is easy to arrange, apart from the lack of personal contact with colleagues. If you do not belong to this group of people, you may also be familiar with the problems of the respondents to the Aeris survey [1]: about 44 % of the respondents do not have a study, but work at the dining, kitchen or living room table or use the bedroom or guest room for this purpose. The ergonomic design of the workplace is not available and very few receive money from their boss for a comfortable work chair or a height-adjustable table. The result: back pain, headaches and all kinds of tension, further aggravated by the reduction of pre-corona daily exercise. The way to work - possibly on foot or via bicycle - is no longer necessary, gyms and other facilities such as swimming pools are closed.

What to do? Walk briskly in the fresh air for at least 20 minutes a day, use online offers for fitness or relaxation exercises at home or do your shopping on foot or by bike. Even better, create your own workout and use your favorite music. Physical activity in fresh air is important in order to prevent the other health problems mentioned in the survey: tiredness, fatigue, stress and restlessness and weight gain. The desire for a break or stressful situations that cannot be alleviated or resolved by talking to a colleague in the office, as is usually the case, tempt people to snack on sweets, unhealthy snacks and sometimes even to drink alcohol. Put fruit and nuts at your workplace and serve yourself daily high-quality and healthy food.

Working in a home office usually requires working all day on a laptop/PC or telephone. The result: increased electromagnetic radiation exposure.

What to do? Try to carry out all online activities and telephone calls with wired devices and, if you are dependent on WLAN, switch off the router at least at night. You can find more information on the "healthy" use of mobile phone technology here [3]. If your children are forced to do school work on the screen, try to keep the time to a minimum and give your children what they really need for healthy and happy development and what is also good for you: time spent together in nature and activities that can be experienced with all the senses [4].

About 12 % of the respondents have psychological problems and suffer from depression and fatigue. Long-term use of the computer can cause psychosomatic complaints such as emotional exhaustion, nervousness and irritability [5]. Due to our reduced personal contact possibilities at the moment, we are forced to maintain also personal contacts via digital media. However, it makes a big difference energetically whether you enjoy a cup of tea "live" with a friend and chat while doing so, or whether you can only experience him/her two-dimensionally or via voice. Seek personal closeness whenever possible. Intimacy, real privacy and the feeling of security and mutual support need personal contact and touch. If you have symptoms of illness, it goes without saying to stay away from others.

Eye burning and deterioration of vision are typical signs of frequent screen use, be it on the computer or mobile phone.

What to do? Try eye relaxation training at least twice a day [6] and definitely "switch off" at least 1 hour before going to bed. For more info on how to improve your eyesight, read my January blog LearnHealth [6] or Dr. Laurie Capogna's book [7]. Strained eyes often cause us to frown or furrow our brows. In addition to relaxation exercises, you can also massage your face with coconut oil in the morning to prevent permanent expression lines.

If you have a partner or even family, but no study, working from home is a real challenge. Especially women are hit hard when children are at home due to closed daycare centers or schools and homeschooling is expected. The care of household and children, the so-called "care work" instead of being equally distributed, the share of families in which mothers bear childcare almost entirely alone has doubled from 8 (before Corona) to 16 percent, according to an analysis by the German Institute for Economic Research DIW [8]. Even if the woman is employed and has a similar employment status as the man.

What to do? If you are confronted with this problem, your only option is to take the offensive: discuss the issue with your partner and agree on a fair division of time for household chores, childcare and homeschooling. If one of the partners is constantly overloaded, it won't help anyone in the long run. Make sure you have at least half an hour a day just for you, without distractions from media, to calm down and find yourself. "Just for you" should really mean without Facebook, Instagram, etc. The danger of addiction is great and these media increase it further, because the more time you spend with them, they register what you are interested in and you are "served" with it [9]. If other leisure activities are lacking, now is the time to learn a relaxation technique. Take good care of yourself, don't put yourself under pressure, one thing at a time. It's your job to invest in your health, because your employer does not.

Literature:

[1] <https://www.aeris.de/blogs/journal/dach-studie-homeoffice-verursacht-bei-zwei-von-drei-arbeitnehmern-gesundheitliche-probleme>

[2] <https://www.diagnose-funk.org/ratgeber/vorsicht-wlan!>

[3] https://www.dropbox.com/s/lj7zekbq6ot04mc/Akom_0521.pdf?dl=0

[4] <https://www.baua.de/DE/Angebote/Publicationen/Fakten/BIBB-BAuA-25.pdf?blob=publicationFile&v=3>

[5] <https://www.youtube.com/watch?v=6HGeTCmeIJU>

[6] https://www.dropbox.com/s/prh2x6q0nt11ua0/012021Eye_regenerationdocx.pdf?dl=0

[7] *Eyefoods: The Complete Eye Health & Nutrition Guide: The Complete Eye Health and Nutrition Guide*, 10,33 €

[8] https://www.diw.de/de/diw_01.c.812319.de/sorgearbeit_waehrend_corona-pandemie_in_vielen_familien_ungleicher_verteilt.html

[9] <https://www.netflix.com/de/title/81254224>

Dr. phil. & HP Cornelia Renate Gottwald, your Holistic Health Coach since 2006
Von Eichendorff Ring 10 a, D-84405 Dorfen, Tel. 0049-8081-9158, www.best-in-balance.de

