STRESS BY DESIGN

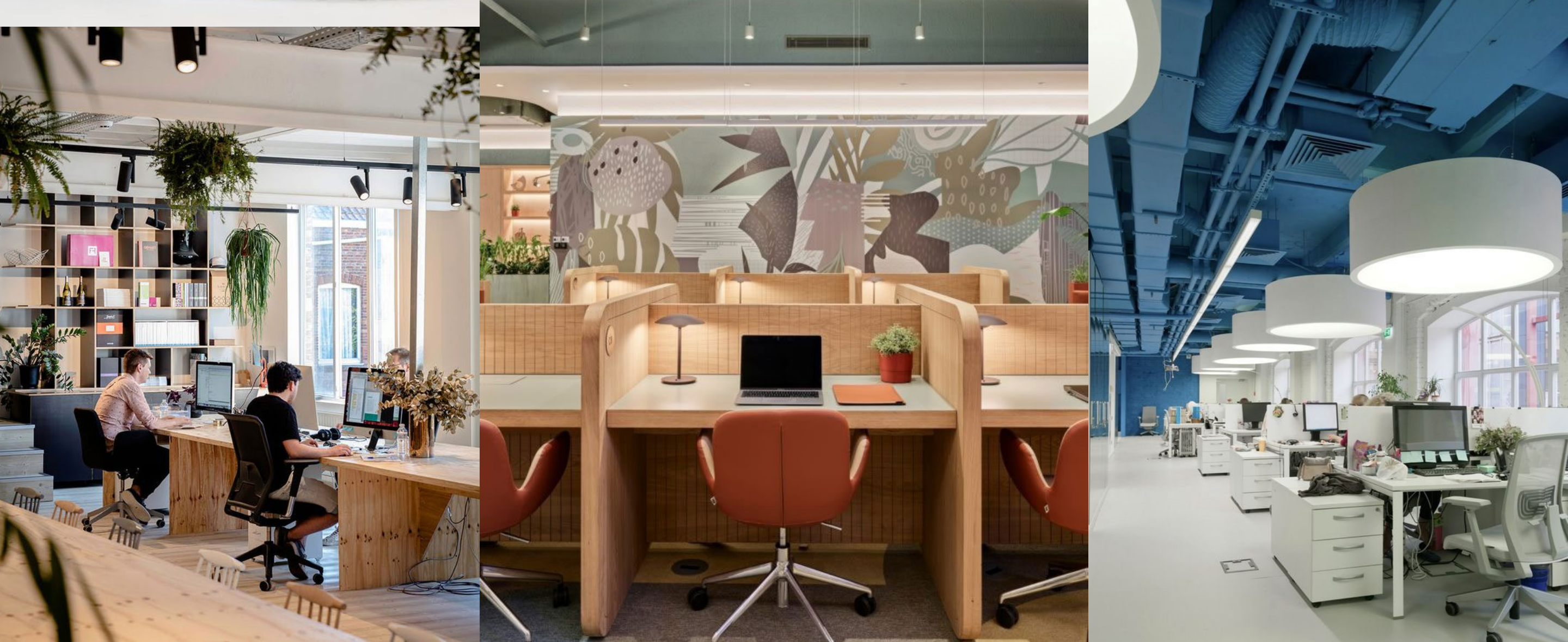## HOW SPACES SHAPE BURNOUT

first, let's take a survey:

SPACE BURNOUT CHECKUP

LIGHTING

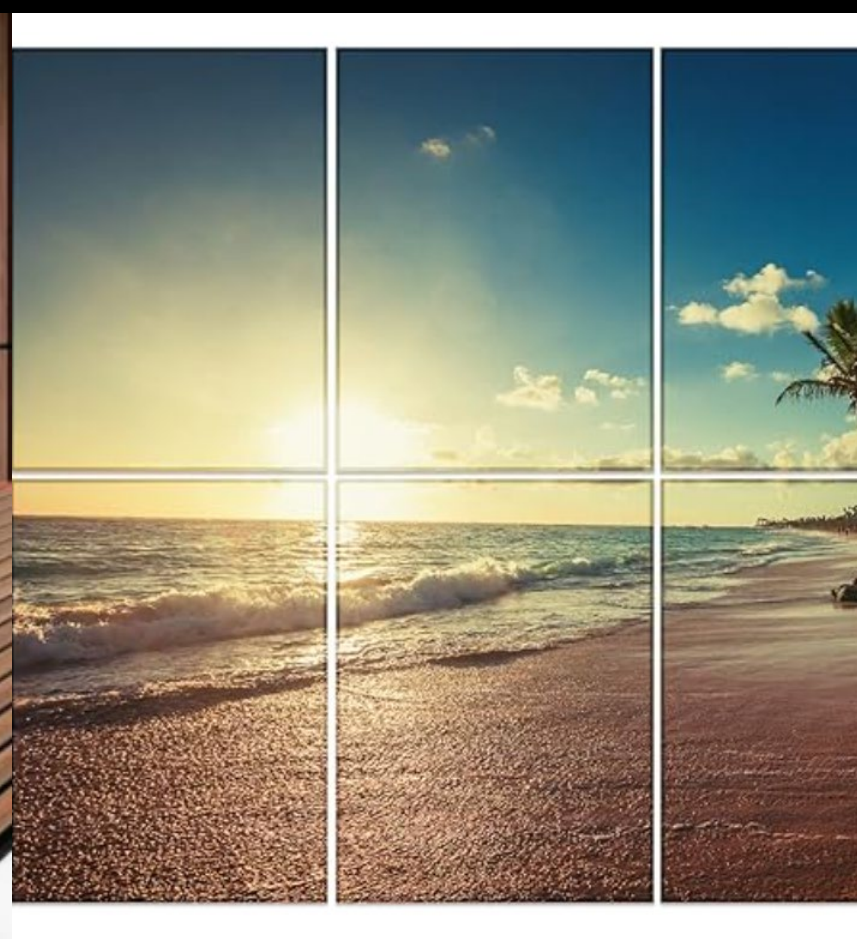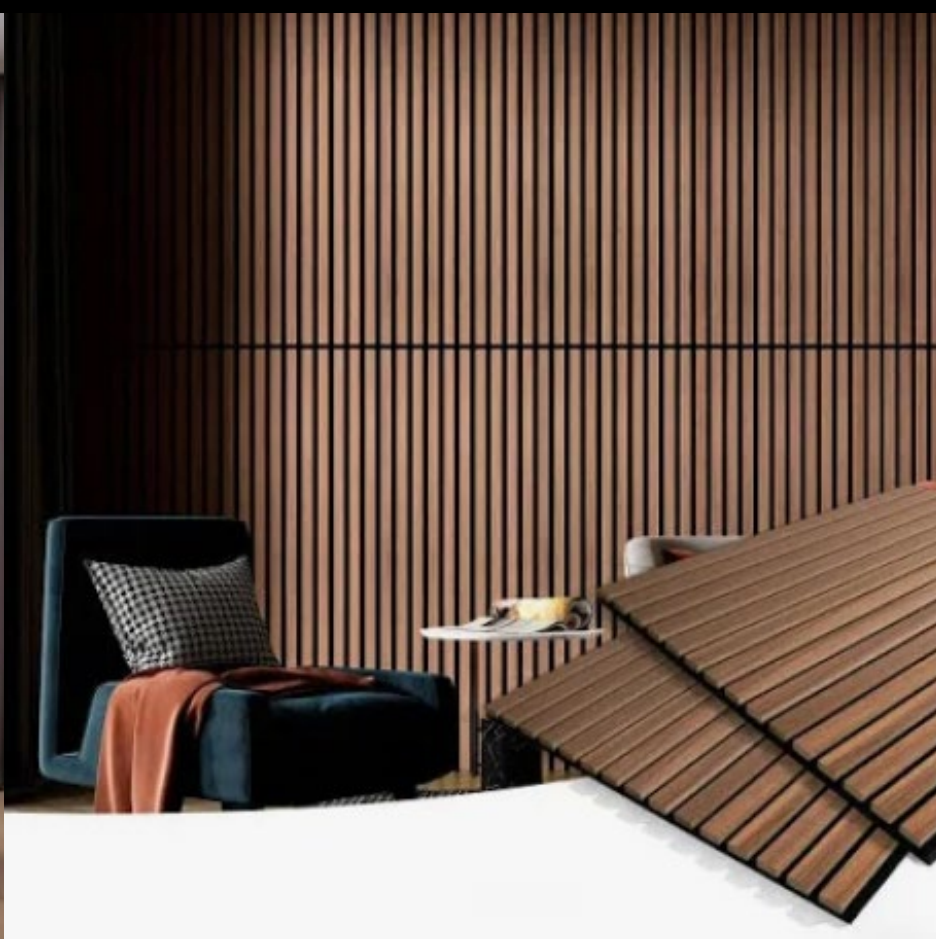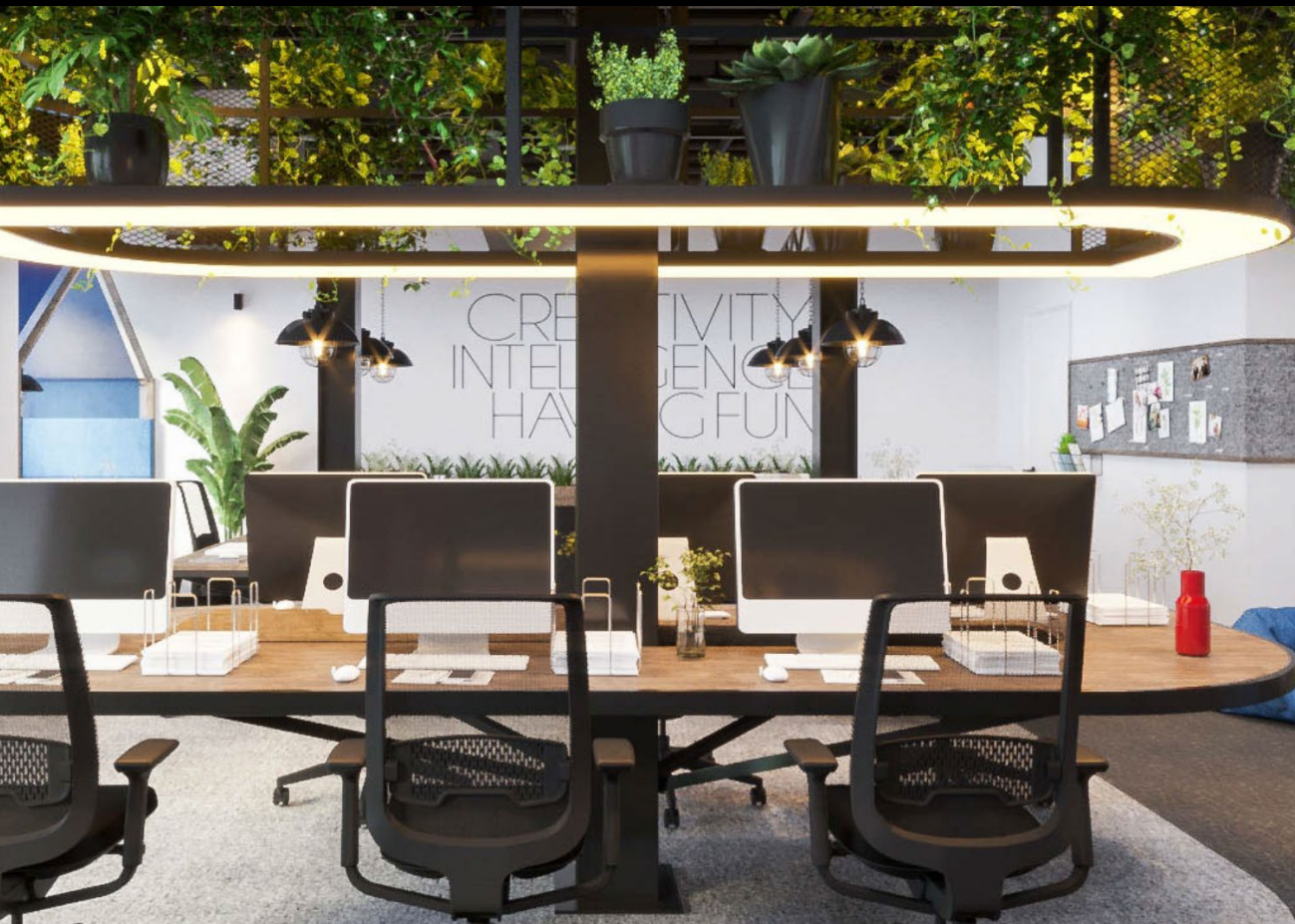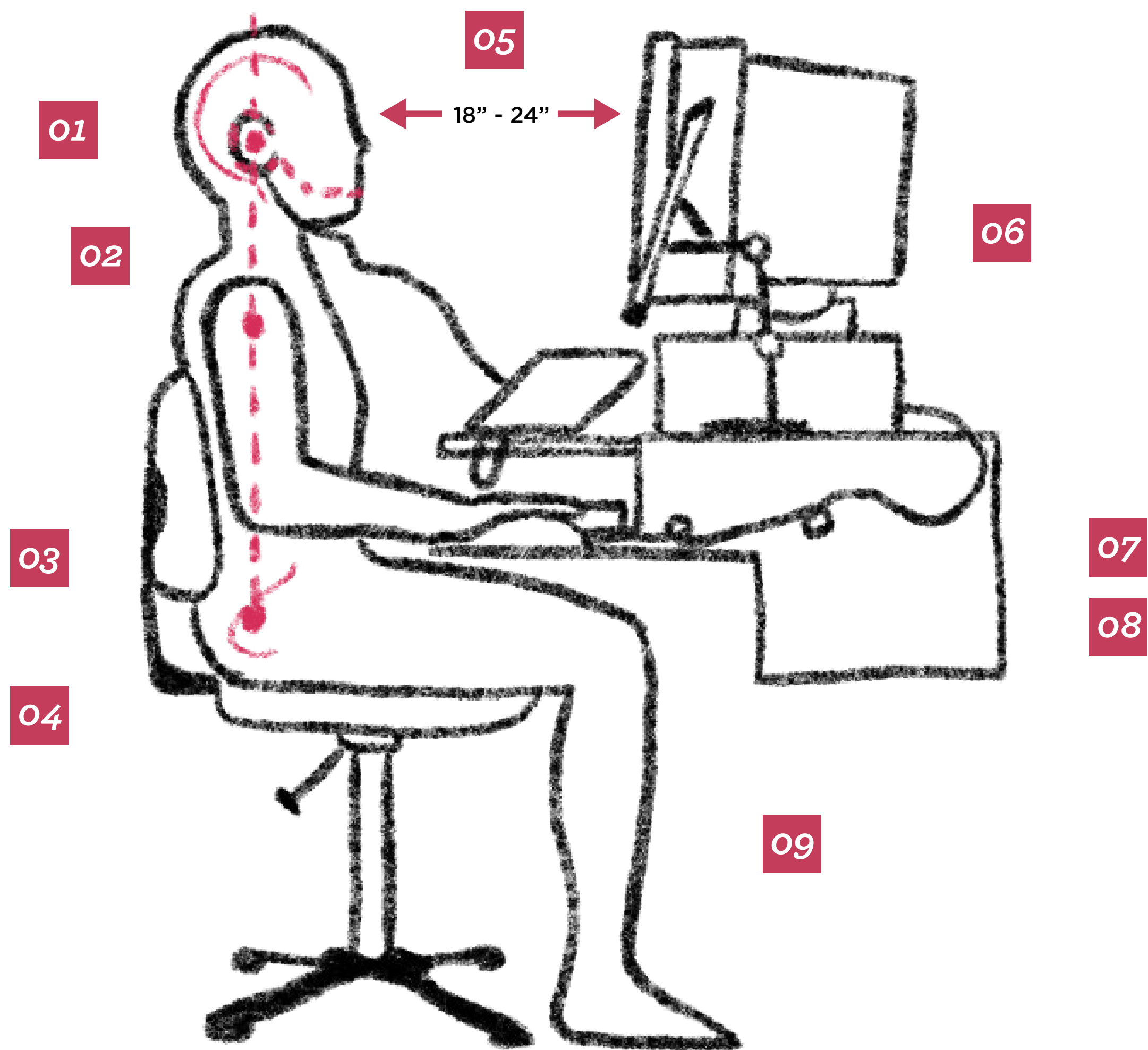Work Space 03

M

COLOR

M SOUND

NATURAL ELEMENTS

18" - 24"
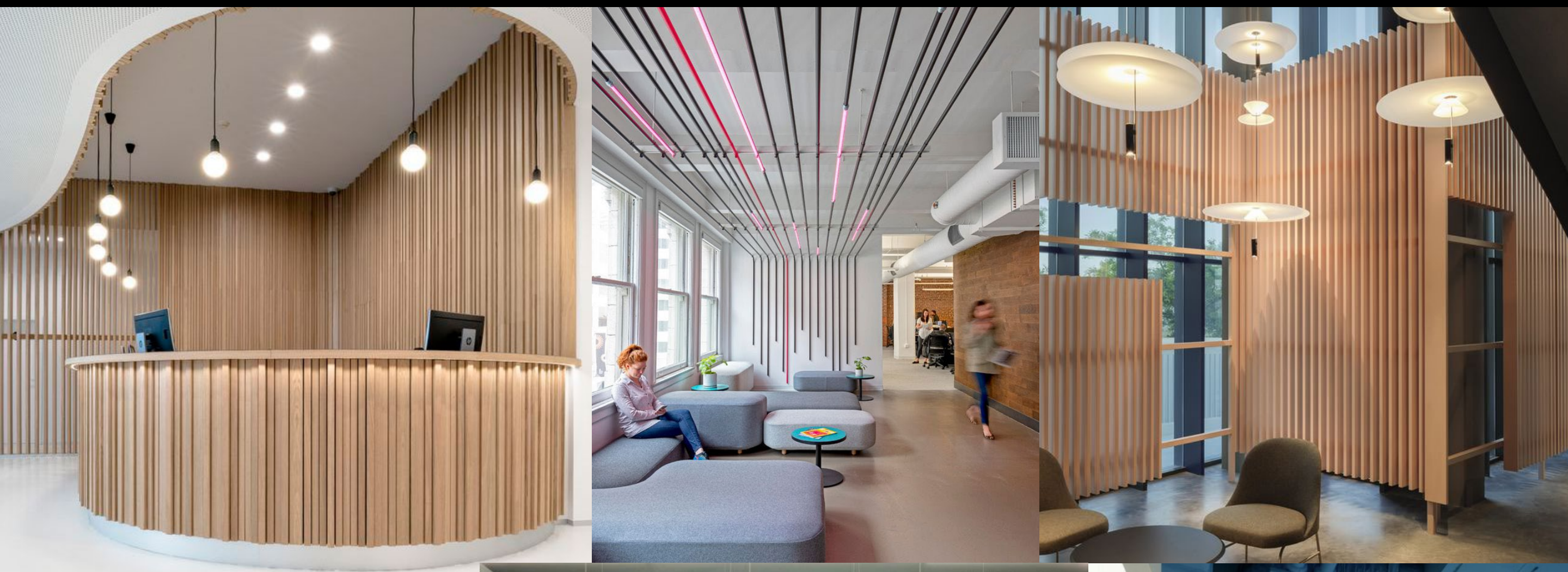
01 | HEAD

Head back, chin tucked, ears, shoulder, hips aligned.

02 | NECK

Use headphones.
Do not cradle phone between head and shoulder!

03 | ELBOWS

At sides - slightly more than 90 degree bend.

04 | CHAIR

Fully adjustable with lumber support in small of the back.

05 | EYES

Level with top 1/3rd of screen

06 | DOCUMENT HOLDER

Adjacent to and at same height as monitor.

07 | KEYBOARD

Same height as elbows with wrists slightly bent.
Keystroke gently!

08 | MOUSE

Adjacent to and at same height as keyboard.
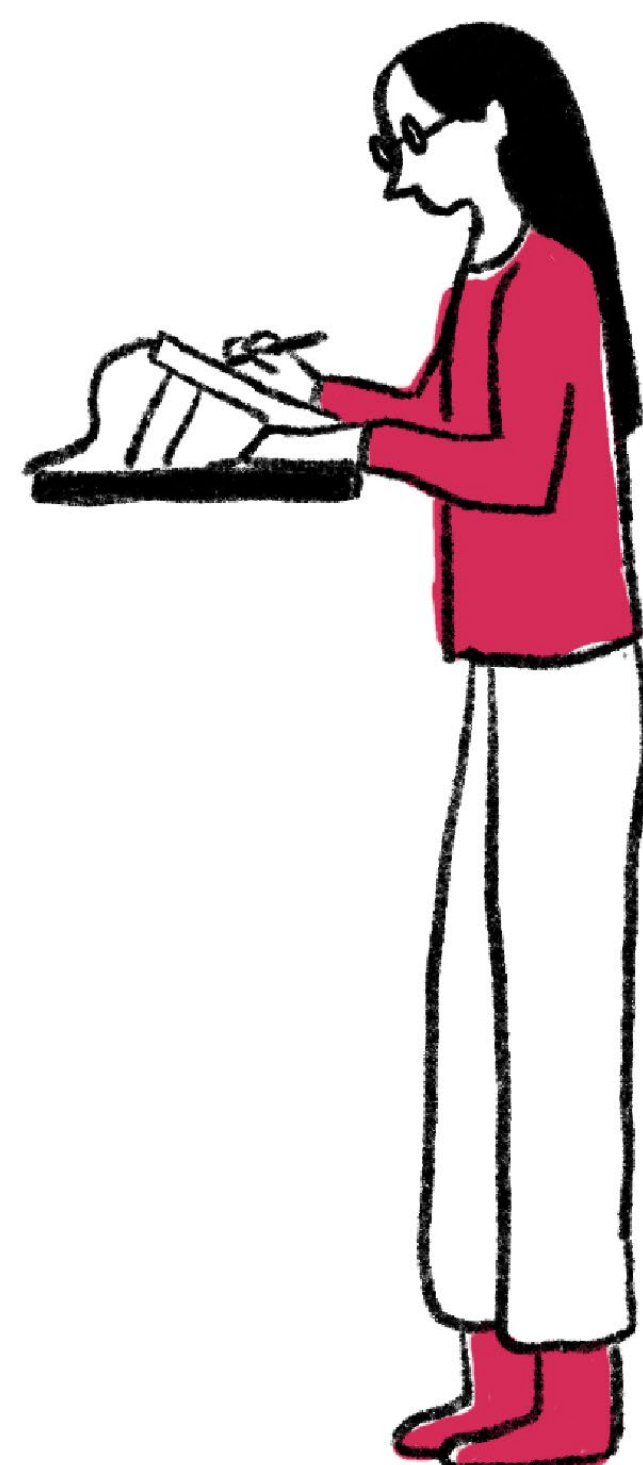
09 | CHAIR HEIGHT

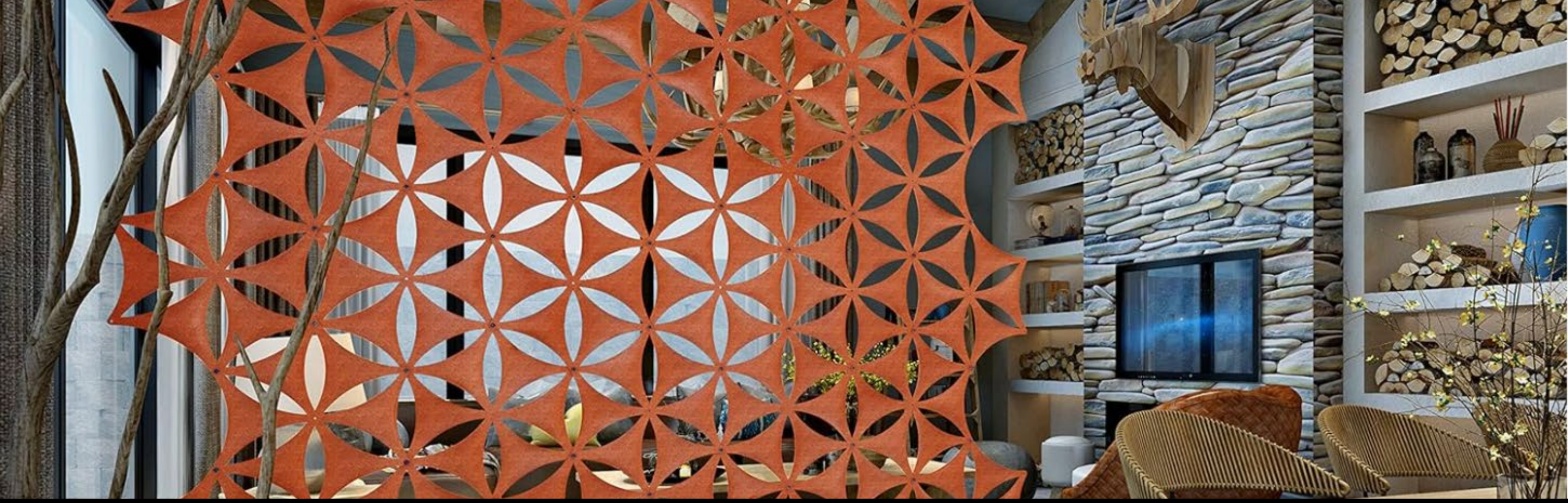Has slightly more than 90 degrees, feet flat on the floor.

TAKE BREAKS EVERY THIRTY MINUTES!

FLEXIBILITY + ADAPTABILITY

CONNECTED SPACES

STRESS BY DESIGN
HOW SPACES SHAPE BURNOUT

Where do you experience Space Stress?

1. What might be one thing to fix today?

2. Is my light quality sufficient for healthy work?

3. How might color assist with reducing stress?

4. How might I adjust to the sound levels in my space?

5. Does the air quality in my space feel healthy?

6. How might I use nature in my space to reduce stress?

7. Is my body in a healthy position when I work?

8. Am I connected to people in my space to meet my needs?

9. What is my design purpose for reducing stress and avoiding burnout?

Take Care of Yourself!