

Improving your performance with 6 simple advices

Unknown words: drab, binging, kill two birds with one stone, garnish, munching,

It is known that having a nice workspace could lead you to improve your performance during the day. In this article the author explores some tips that can make your workspace healthier and comfortable. First, try to not be sitting for long periods of time, it is not healthy or comfortable to be sitting in the same place for long time, as it will hurt your body and make you less productive. Second, recent studies have shown that adding a plant to your workplace reduce the number of sick days taken. Third, try to ask your HR personnel for a standing desk, the human body is not adapted to stay for long periods sitting, as it confuse the body. Fourth, you can paint the white walls of your office, as it has been showed that colours affect the health outcomes, for example the colour green help you to feel focused and optimistic. Fifth, keep yourself hydrated. Dehydration can result in fatigue, cravings, indigestion and difficult concentrating. Also, it will fight hunger pains and is likely to have you frequently heading to the restroom, therefore forcing you to get in some extra steps. And finally, make sure to have food out of sight in your desk, while you are working you will be wasting energy and you should recover it, but you don't want to waste time eating when you don't need it.

I think those advices work and can improve our performance as they are trying to make our live more comfortable while we are working, for example my performance have been improved since I try to not stay too long sitting in front of a computer, this method is called "Pomodoro".

References

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