

## Tips for improving posture

As many of us continue to work from home, you may find yourself feeling stiffer than usual. This could be due to postural changes as a result of trying to get used to your new working environment. The below tips may be useful if you, like so many others, are feeling the effects of a change in your working environment -

### Avoid slouching when sat down:

This strain may increase tension in the muscles, which may in turn cause pain. Get in to the habit of sitting correctly. It may not feel comfortable initially because your muscles have not been conditioned to support you in the correct position. Exercises to strengthen your core and buttock muscles, and back extensions will help correct a slouching posture.

### Flattening your back can cause pain:

This posture is often caused by muscle imbalances, which encourage you to adopt such a position. Spending long periods sitting down can also contribute to a flat back. A flat back also tends to make you lean your neck and head forwards, which can cause neck and upper back strain. Exercises to strengthen your core, buttocks, neck and rear shoulder muscles, and back extensions are recommended to help correct a flat back.

### Do you lean over your laptop or stare down at your phone?

When hunching over a computer, your head may tend to lean forward, which can lead to poor posture. Using a mobile can cause similar problems dubbed "text neck". Upper back, neck and rear shoulder strengthening exercises, chest stretches and neck posture drills are recommended to help correct a hunched back.

### When standing, avoid leaning to one side for too long:

Over time, you may develop muscle imbalances around the pelvic area, which can cause muscular strain in the lower back and buttocks. Other causes of uneven hips include; carrying heavy backpacks on one shoulder, and parents carrying toddlers on one hip. To improve this posture, try to get into the habit of standing with your weight evenly distributed on both legs.

Please join our live webinar on **Wednesday March 10<sup>th</sup> at 12pm** when we will be discussing posture and working environment in more detail. To join please follow the attached link:

<https://attendee.gotowebinar.com/register/7593300282413015821>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.

If you feel you may need some support you can also contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.