



Healthy workday tips for the self-employed

Are you self-employed? If so, be ready to monitor your work schedule and activities so you can incorporate healthy habits into your workdays.

Here's an example of a healthy workday template for a typical home-office worker:

- For starters, aim to get a good night's rest. This will give you a head start on a healthy day.
- Begin your day with a healthy breakfast, including sources of protein.
- Aim for some early morning exercise to get your heart pumping and your brain in gear. Go for a short, brisk walk or a bike ride near your home office, then launch into your workday with a clear head.
- Break up your morning by standing often and gently stretching. If needed, adjust your work station so that it's comfortable and minimizes awkward positions and the risk of repetitive strain injuries.
- For a morning snack, choose healthy options rather than sugary treats or too much coffee.
- Take one or two ten-minute active breaks throughout the morning. Also, change up your work tasks often to help keep your mind alert and avoid fatiguing different parts of your body.
- Schedule a regular lunch break; this will help simulate standard working patterns and give you a mental and physical break. Eat a healthy lunch, but keep portion sizes small.
- In the afternoon, take at least one or two short, ten-minute breaks. This will help perk you up, keep your

mind focused and avoid the "afternoon slump."

Try different activities during these breaks, such as a walk, run or other preferred exercise.

- End your workday on a positive note—complete a priority task and set out your key tasks for the next day.

Here are some other tips that will help you manage workday stress at home and keep yourself on track:

- Establish one location for your home office. Don't spread your work across different parts of your residence.
- Plan your weekly work routine and keep to your schedule. We all need some variety from time to time, however, so feel free to adjust your daily or weekly routine once in a while.
- Aim to avoid personal or family interruptions and focus only on work-related phone calls and tasks during work hours.
- Schedule work-related meetings with others during normal work hours.

It also pays to keep a positive attitude and appreciate the many benefits and comforts of working from a home office, such as reduced commuting time. One of the best ways to use this saved time is to enjoy it with some physical activity.

Aim to get at least 150 minutes a week of moderate to vigorous physical activity, in bouts of ten minutes or more. Make active breaks a regular part of your workdays and you'll reach this goal in no time.

By getting enough physical activity, eating healthily and taking care of your mental health, your self-employed days can be consistently enjoyable and productive.

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