

# WORKING FROM HOME



Precise Mortgages

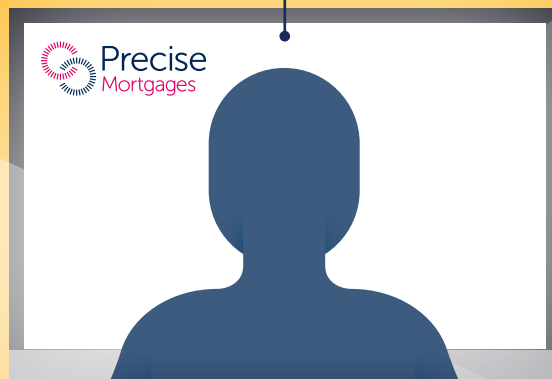
## A PRECISE MORTGAGES INFOGRAPHIC

Your screen should be eye level and at least an arm's length away

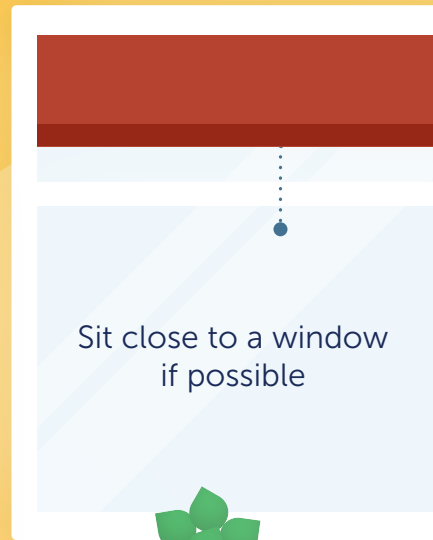
Use a desk lamp



Listen to some music or the radio



Sit close to a window if possible

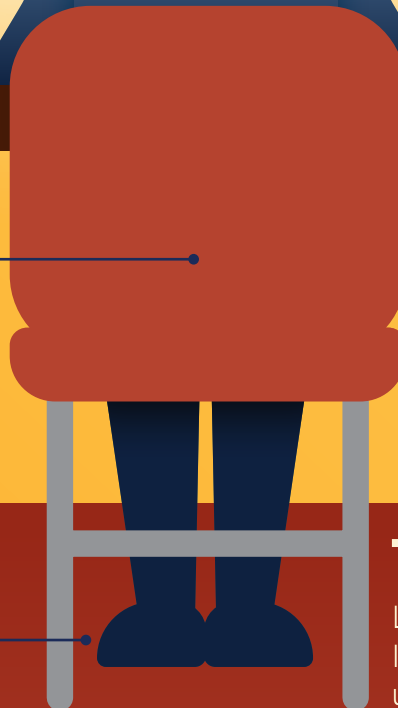


Take regular breaks, grab a cuppa!



Keep a plant on your desk as this can help reduce stress

Make sure your seating supports your lower back and your feet are flat on the floor



### TOP TIP!

Looking to feel calm and energised? If you have a green or yellow room, use this for your workspace!

Make the most of your lunch break:



Catch up on social media



Read a book



Call a friend



Go for a walk



Sit in the garden