

# Get the ergonomic habit

## 5 steps to healthier mobile working

Have you got a laptop or tablet stand but never use it? If so you're not the only one! A lot of ergonomic kit for mobile working goes unused even though it offers real comfort and productivity improvements. This sheet sets out easy ways to get back into using it.

### 1 Set yourself SMART targets

*Be realistic. Initially set yourself small, clearly defined and achievable goals. Aim for 'micro-quotas'.*

*e.g. "Every week I work for 2 hours at the café, I will start by just using my laptop stand there."*



### 2 Link into a current routine

*Think of your new action as a new link in a sequence of actions you already do. Visualise doing it, or maybe write it down if it helps.*

*e.g. "I sit down, then I get my laptop stand out, then I get my laptop out."*

# 2

### 3 Set yourself a motive to change

*Be clear with yourself about why you want to form your new habit.*

*e.g. "I'll use my laptop stand because it will be more comfortable and I'll be able to concentrate better, for longer."*



### 4 Be relaxed about it

*Don't stress if you miss a target for using your kit. Just move on and give it another go next week or whenever you can. Don't think it means you'll never succeed! Forming a new habit can be tough so don't be too hard on yourself.*

# 4

### 5 Keep trying – don't give up!

*Keep on trying to use your new habit for at least 21 days, ideally a month. It can take a while but it's worth it in the end.*

