

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."

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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.

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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.

