7 Health Benefits from Working at Home

Want to improve your health in 2021? Work from home!

As a result of the pandemic, working remotely has become a fact of life for many people. Due to lower costs, many companies have chosen to keep their staff working remotely permanently.

While the financial benefits to employees such as decreased gas bills, tolls and other commuting expenses are well known, I've found some health benefits that may surprise you.

1. **Less Stress** - With no commute, you'll have less stress.. You won't have to worry about getting into an accident, taking extra time out of your overbooked day to commute to work, as well as not breathing toxic fumes from other vehicles.

   You'll also have less stress because you'll be able to better balance work and home life including the time you spend with your pets. Pets' presence reduces stress. As proof of this, the American Pet Products Association reports "11.38 million U.S. households have gotten a new pet during the pandemic." [1]You'll be available in case of emergency involving a family member or a pet. No more worrying about what the kids or pets are up to while you're at work.

2. **Healthy Eating** - Since you'll be at home, you'll have the opportunity to make healthy food choices rather than relying on the company cafeteria, vending machines, or whatever fast food places are nearby. You know what you should eat, but often you eat the wrong thing mainly because you don't have the time to prepare salads, soups or wraps. Mostly you've relied on processed foods, and now you'll have time to make better choices.

3. **More Exercise** - Because you'll be working from home, you can also schedule exercise sessions in your home, in the gym or outside. Think of how much better you'll feel after after taking even a 15-minute break to do yoga, run or lift some weights. Exercising can result in getting better sleep, so you feel refreshed and ready to go in the morning.

4. **Better Work Environment** - In addition to avoiding the traffic fumes – a positive environmental impact also – you'll also have a cleaner work environment overall, especially if you normally work in an open office. It's well known that the recycled air in an open office can make you sick. If your home air has problems, you can install air cleaners so you're always breathing clean air.

   In addition, you could install a standing desk which would prevent you from being chained to a chair every day. That way, you'd be able to move around. It's been shown that the more you move, especially as you age, the better your health will be.

5. **Germ Exposure Control** - Working at home will also limit your exposure to sick people and germs in general. You'll be able to control who comes over to your house and how often you clean your home. Offices are generally kept clean, but many times the chemicals used to clean

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[1] https://www.americanpetproducts.org/pubs_covidpulsestudy.asp

them aren't the best for you to breathe. At home, you can ensure whoever cleans your home uses healthy cleaning products.

6. **Mask Wearing** – Wearing a mask is another health consideration. If you currently wear a mask at your job, think of what it would be like to breathe fresh air all day long. It's been shown that when we're wearing a mask, we're breathing our own recycled carbon dioxide and depriving ourselves of necessary oxygen, resulting in compromising our immune systems.[2]Since you won't be wearing a mask at home, this would no longer be a concern.

7. **Controlling Your Work** - A home-based job would also let you control your work rather than the work controlling you by allowing you to schedule when you work. Scheduling your work allows you to accomplish more each day than you did when you worked outside your home.

All these health benefits lead to the ultimate benefit of Increased job satisfaction which will give you a better attitude towards your job which, in turn, will lead to better health.

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[2] https://www.technocracy.news/blaylock-face-masks-pose-serious-risks-to-the-healthy/