



BOSCH

BKK

Health tip

Staying healthy in the work of the future

Being able to deal well with changes – as the current situation is making clear – will be ever more important in the future. Make the most of the opportunities that modern work offers and prevent health problems before they develop.

► **Methodical and structured**

Full weekly schedule? Go step by step and deal with the most important things first. Make time to concentrate on handling each task separately. In particular when it comes to mobile working, clear arrangements regarding availabilities and good planning are important.

► **Active sitting**

Tension in the neck results due to fixed sitting postures. Regularly change your position. Move your shoulders, head and neck gently in circles and stretch them.

► **Relaxation for your eyes**

Maintain sufficient distance from the screen (approx. 50 to 70 cm). Briefly look out the window every now and then or focus on a point in the distance. Yawn and blink once in a while.

► **Extra tip: webinars from Bosch BKK**

Tues., 31/03/2020, 19:00–19:45 CET:

"Variety is the spice of life...dealing with change in a composed and confident manner"

Thurs., 16/04/2020, 19:00–19:45 CET:

"Working from home – healthy mobile working"

You can register directly and for free here:

<https://bosch.bkk-fokussiert.de/webinare/>



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www.bosch-bkk.de/fokussiert