

# YELL FOR YELLOW

## TIPS FOR WORKING COMFORTABLY FROM HOME

**Working from home can literally be a pain in the neck. Here's how you can stay comfortable and productive:**

### **Change your posture often**

Sitting in the same position all day can lead to back, neck and shoulder pain. Vary your posture throughout the day and try to alternate your position every hour.

### **Use a pillow**

Placing a thin pillow on your seat can make an ordinary chair way more comfortable. Don't have a suitable pillow? Fold a fluffy towel up for the same effect.

### **Use a rolled-up towel**

If you struggle with lower back pain, roll up a towel and wedge it in between your lower back and your chair.

### **Put your feet up**

Elevating your feet on a footrest or stretching your legs increases blood circulation and can be a welcome relief for your feet. Your hips and legs should form 90-degree angles when sitting, but you can move your feet back and forth for exercise.

Whether it's a comfortable pillow, laptop stand or ways to pimp out your workspace that you're after, Yell for Yellow is here to help. Reach out to us via the live chat function, send an email to [info@yellforyellow.co.za](mailto:info@yellforyellow.co.za) or call us on 0861 726 826.