



Posture: the key to fewer headaches and better mood

Poor posture can strain the muscles at the back of your head, neck, upper back, and jaw. This can put pressure on nearby nerves and trigger what are known as tension-type or muscle spasm headaches. Proper body alignment not only helps prevent pain and injury, but also can boost your confidence and mood.

Proper desk setup:

- **Screen placement** – Place the top of your work screen in line with your eyes to limit the amount of forward neck lean.
- **Desk height** – Shoulders should be relaxed and elbows at 90 degrees. Desk height should be slightly below natural elbow height. The use of books and boxes can help find the right height.
- **Alternate sitting and standing** – If available, choose a sit-stand desk option or height adjustable desk to allow for different positions throughout the day.
- **Feet placement** – Keep your feet on the floor. Dangling feet can cut off circulation.
- **Use a wireless mouse and keyboard** – If your laptop is elevated to the proper height to make your neck happy, it will be hard to use the keyboard or mouse without straining your shoulders.

Want to learn more?

Contact your Everside Health provider for more information and to discuss your individual habits today!

