

# Tips for a mindful home workspace

When home doubles as the office, a streamlined space is key to getting in the zone.

Here are some practical tips that can cut clutter, create consistency, and help you feel present in your day.





# 01 Choose your space

Don't worry about finding the "perfect" spot.

What's more helpful is choosing a space and sticking with it. It helps to maintain consistency, and to feel like you're physically putting yourself in work-mode.



## 02 Prep your surface

Set up your desk, kitchen table, or a lap desk for working on the couch.

Even better if your surface can be hidden at the end of the day — keeping supplies out of sight helps turn your workspace back into your living space.



## 03 Make yourself comfortable

A supportive chair will help you avoid strain and tension from lots of sitting. Studies also show that standing at work can lessen fatigue and increase focus.

Consider a standing desk, or at least make sure you're getting up to stretch.



## 04 Find your zone

Do what you can to minimize distractions.

Try separating your workspace with a privacy screen or tall plants. If you live with others, use a sign to let them know when you shouldn't be disturbed. Noise-canceling headphones help, too.

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# Feel your senses

One of the best ways to feel present is by grounding yourself in your five senses. Bring these elements into your workspace and focus on them when you need a moment of mindfulness.

## Sight

Choose decor that makes you feel happy and peaceful. Frame photos of friends and family that make you smile. Add potted plants that help to purify the air. Display a favorite quote that inspires you every time you look at it.

## Smell

Plants can make your workspace smell fresh and crisp. Essential oil diffusers or scented candles are great, too – lavender and bergamot are known to be calming, while peppermint and sweet orange are energizing.

## Touch

Incorporating a range of textures in your workspace can help to stimulate presence and focus. For example, a soft blanket to cuddle with, or a stress ball to release tension.

## Sound

Noise-canceling headphones and calming sounds can mask any loud distractions. Find **Focus** in the Headspace app for ambient playlists, nature sounds, and meditations that promote a calm environment.

## Taste

Keep healthy snacks and lots of water accessible. When it's time to eat, put down your work and just focus on your food. Notice how rejuvenating it feels to take a break and nourish your body.

**And of course, a truly mindful space starts with you.**

**Headspace is always here when you need to press pause, center yourself, and find your focus.**