



5 TOOLS FOR THE DIGITAL NOMAD

When your 'desk' isn't actually a desk, it can be a challenge to maintain an ergonomically correct posture. Here are 5 tools to keep your body happy wherever you work.

1 Peripherals

A **laptop stand**, **external keyboard** and **mouse or trackpad device** are 3 essential peripherals to have onhand when facing a multi-hour session on your laptop.



2 Rest Break Apps

Rest break apps like **Time Out** and **Workrave** trigger intervalled rest breaks, allowing you to get up and move, take a quick stretch and a few deep breaths to reduce tension in the body.

3 Posture Sensors

Posture sensors help keep you aligned by giving you a gentle nudge to prevent your shoulders and back from slumping forward during prolonged laptop use.



4 Seating

When in a communal work space, find a **seat with a backrest**. Intermittent support is better than no support!



5 Backpack

Carry your laptop on your back to distribute weight evenly and comfortably on your body.

