

Physical Strategies to Support Learning

When learning remotely or online, movement isn't built into your routine like it is when learning face-to-face in different classrooms throughout the day. This means it's important to cultivate mindfulness of your physical position and movement. Use these strategies to set up your physical space and keep your body and mind functioning at their best.

SET UP YOUR WORK STATION:



Use arm rests if available to remove tension in shoulders and keep wrists parallel with floor

If possible, adjust height so feet can rest flat on the floor

If possible, keep space under desk clear so your legs have space

If needed, use a footrest to ensure feet are flat — this helps to stabilize you in your seat



CAUTION: Recliners, couches and beds may be tempting given perceived comfort, but your body & mind will focus better with proper ergonomic position



Top of screen should be at or just below eye level

Computer screen should be arm's length away

When using a laptop, try to identify desk space where you can maintain these conditions

KEEP MOVING:



Minimally, move and stretch for at least 5 minutes every hour. This will increase physical health and cognitive function!

Try a 30 minute interval cycle, transitioning between sitting (20 min), standing (8 min), and moving (2 min)

TAKE CARE OF YOUR EYES:

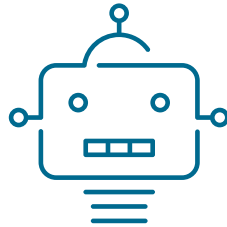


If you can adjust your lighting, turn off fluorescents, and try to use warmer lamps or natural light

If possible, position your computer screen to the side of exterior lights, not in front of windows

Consider that the light you see in office settings is typically much brighter than what you need from ambient light in a personal work setting

Give yourself a gap between computer time and bedtime; your body needs space from the screen's light to create melatonin and hit its sleep rhythm



Blink more often and look up some simple eye exercises online

Use the 20-20-20 rule: every 20 minutes, look at something at least 20 feet away for at least 20 seconds



Reduce color temperature of your display to reduce eye strain

Does your screen look dull and gray? It may be too dark

Does your screen look like a light source? It's too bright

Text contrast works best as black print on white background

Adjust display settings so brightness of screen matches surrounding environment

References

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- Mayo Clinic (2019, April 27). *Office ergonomics: Your how-to guide*. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169>.