



TAKE A BREAK

How long do you think you can sit at a computer working away, without a break? I know people who can go day and night staring at a computer screen, eating through their workload, somehow justifying its importance over their own personal health and safety. And I know how easy it is to do! On occasions, I have found myself sitting at an obscure hour of the night wondering how many hours I have been sitting there, staring at a glowing, humming computer and wondered "what have I accomplished?" I'll tell you what I can accomplish with a long stint on the computer. Well, for starters, I probably haven't been sitting exactly with the correct posture, which reduces my lung capacity resulting in a reduction in the amount of oxygen available to all parts of my body, which in turn makes me feel sleepy. Secondly, hours of keeping my head in the one position and not really turning or moving it results in my neck muscles forgetting their overall role and I end up with a very sore neck muscle and a slightly funny looking tilt to my head. Third, my legs have been crossed under the desk and I lose circulation to one or both of them, now I have been immobilised. Fourth, I have not stopped typing and because I haven't really paid attention to my overall posture, my hands, wrists and arms are now sore, I have Repetitive Strain Injury and possible permanent damage. Fifth, I didn't think to give my eyes a good 15 minute break every two hours and I certainly didn't think to use any sort of light to illuminate my screen, everyone went to bed and turned the lights off! And I definitely didn't think of closing my eyes for ten or 15 seconds at regular intervals, which would help reduce eyestrain. So, what have I accomplished? I am now a sleepy looking person, probably yawning, with a funny tilt to my head and an uncomfortable look on my face. I have a limp due to a dead leg, very sore eyes and I am holding my hands in a funny way, my work performance is poor and everything I do is in slow motion with added discomfort. Look out! I'm a busy, important person!! Yes, on rare occasions, I have the ability to put all of the above unnecessary strain on my body and I know that lots of other people do exactly the same. Do yourself a favour, take time out from the computer desk and screen, stretch and exercise, pull your eyes away, take some deep breaths and most importantly, put yourself and your health before your workload. Take a break!

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