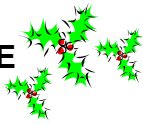




Cool Yule Gifts

FESTIVE SEASON GIFT IDEAS FOR PEOPLE WORKING FROM HOME



Pep-up with a pot-plant

You can't go past the humble pot plant if you're stuck for a Christmas gift idea. Ideal for improving indoor air quality (and your eye comfort), increasing your energy levels and reducing stress. Don't forget to water it, though...

Read more at Aydoagan and Cerone, *Indoor and Built Environment (2020)* DOI: 10.1177/1420326X19900213

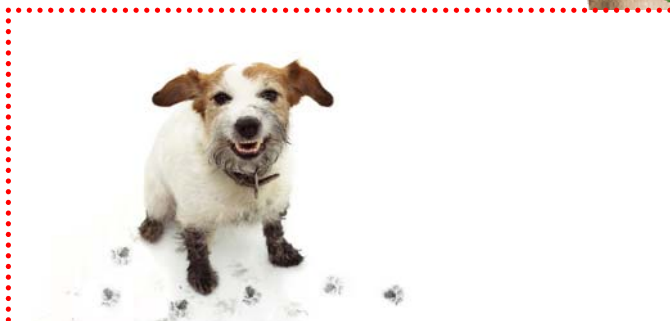


Wooden you know?

You've been working from home (WFH) for a few months. It's time to make sure your home office is tip-top for your health.

Lipovac and co investigated whether there was any truth to the notion that visual exposure to natural materials such as wood is better for reducing stress. They reviewed the literature and discovered that longer visual exposure time to wood can have a positive effect on stress. It's not a clear-cut finding, but who needs an excuse for a new year / new look office furniture upgrade?

Check the truth out for yourself at *Indoor and Built Environment (2020)* DOI: 10.1177/1420326X20927437



I want a puppy

Furry friends have become popular house mates during this year of home isolation and WFH. But there's more to your dog than meets the eye.

According to **Ogawa and Sakamoto**, playing with your best furry friend during break times can get your creative juices running and reduce your anxiety. So next time you have trouble composing an email to your boss, or can't get started on that overdue report, have some quality puppy play time and voila! Your email / report will be written in a jiffy. Read the full story at "What is the most beneficial type of recreation for computer operators?" by Ogawa and Sakamoto, *Human Centred Computing Vol 3, 2003*.

It's been a big year

Pop this ultracool eye mask with plush lining over your peepers and retreat into your own COVID-free world. One free mask to give away to a lucky reader.

Email jlong@visualergonomics.com.au with the subject line "Eye mask" by the 7th December to be in the running.



Wishing you a safe & happy holiday season.

The next newsletter will be in February 2021



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