# 5 Tips
## to Optimize Your Virtual Workspace

**5 Work With Your Pets:**
One of the best perks of working from home is the ability to work alongside a furry companion. Research indicates that working alongside pets can reduce stress and lower blood pressure. They promote healthy break time by encouraging you to get up and move around more often.

**1 Separate Your Work Area From Your Home:**
To facilitate success, physically separate your work area from the rest of your house if you can. For instance, moving a small table to a room away from the busy areas of your home will muffle common household noises (dishwashers, washing machines, and dryers, etc.) that can distract you from work.

**4 Remember Aesthetics – Light & Color Are Important**
Light plays an important part in our emotional well-being. Select a workspace that has as much natural daylight as possible.
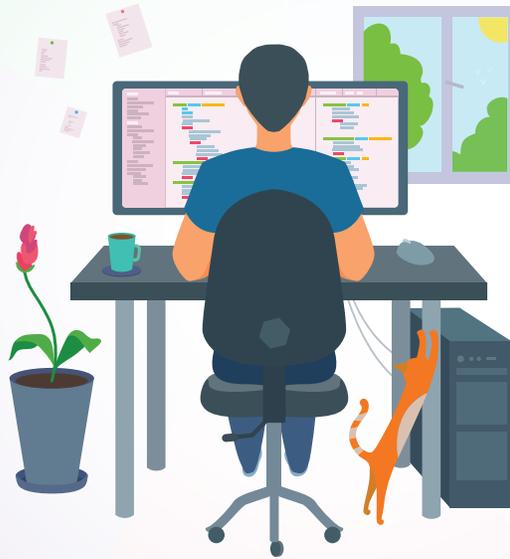
**2 Inform Your IT Department of Technology Issues**
Virtual work hinges on technology. Remember when working from home, you are the frontline IT help desk. Try not to select equipment that is going to be difficult for you to install or maintain over its lifetime.

**3 Don't Neglect Ergonomics**
Make sure your home office setup is conducive to a productive day. Try to find a comfortable chair and place your computer monitor at an optimal height.

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