

Pandemic Results in New Language

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COVID-19 has not only altered our lives, but it may have also started shaping our posture due to hours spent in front of TV screens, mobile devices and computer monitors. Symptoms of "pandemic posture" include pain or tension in the neck, shoulders and lower back and decreased range of motion and mobility. Here are a few posture pointers to prevent the slouching habit.

1. Doorway stretch to improve rounded shoulders: Using an open doorframe, raise each arm up to the side, bent at 90-degree angles with palms resting on the door frame. Slowly step forward and feel the stretch in your shoulders and chest. Hold for 30 seconds, then rest.
2. Avoid neck strain by positioning your computer monitor at eye level. Create a makeshift shelf using a pile of books if needed.
3. Take a shoulder break. At least three times a day, stand up, roll your shoulders forward, then lift them up toward your ears. Roll them back, sticking your chest forward, then back down. Repeat a few times.

In addition to poor posture, too much screen time may impact your mood or sleep. Take care of your physical and mental health by taking breaks from screens and enjoying the fresh air and safe outdoor activities.

And remember, May is Mental Health Awareness Month. If you or someone in your household needs counseling or support services, contact our free Life Resources Employee Assistance Program (EAP) 888-745-0714 or visit the [Life Resources EAP website](#).