

EPSILON

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Occupational Therapist at the Ergothérapie de l'Estrie Clinic

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SETTING UP AN ERGONOMIC WORKSPACE FOR THE NEW SCHOOL YEAR

Student life has taken on many forms lately. Whether your classes will be held remotely or in person next semester, you'll likely continue to study at home. Therefore, creating a comfortable space to complete your schoolwork is essential. An ergonomic environment promotes physical comfort, concentration, and learning. Hence the importance of adopting good ergonomic practices from a young age. In fact, developing good work habits while your body is growing can prevent many postural problems. Here are some steps to follow to create an ergonomic workspace:

First, find an appropriate space for your studies. It is important to have a dedicated study space to create a separation between school life and home life. If you can, avoid working in a busy, communal space like the kitchen. It is best to choose a quiet space to promote concentration. Your bedroom is also a room to avoid. Working in your bedroom can increase your stress levels and disrupt your sleep. If your space is limited, and you need to set up your workspace in one of these rooms, try to establish a physical separation with a room divider or curtains.

Second, take the time to identify your needs. Think about how you work and what materials you use for your studies. If you only work on the computer, for instance, you probably won't need a large desk, whereas if you use a lot of paper documents, a

large work surface will be more appropriate. Do you need more than one monitor? Do you prefer to work while sitting, standing, or a mix of both? These are all pertinent questions to ask yourself before setting up your workspace. You will then know which equipment suits you best.

Third, choose your equipment based on your needs and the materials you have on hand. If you work with a laptop, avoid using it as your primary computer for long periods of time. Its compact size makes it difficult to maintain a good working posture, so it should not be used alone for more than two hours at a time. Instead, invest in a keyboard, mouse, and laptop stand or monitor. You should also keep your height in mind. If you're tall, look for a chair with an appropriate length and height for the seat and back, and be sure to find a desk that is tall enough. You will also want to make sure that your chair rises to the right height. If, on the other hand, you are on the shorter side, you will probably need a chair with a shorter than average seat depth and a low desk. You can also purchase a footrest if needed. Obviously, the more adjustable your equipment is, the more you can adapt it to your needs later on. A standing desk can be a good solution. It adjusts precisely and allows you to change positions easily.

Fourth, adjust your equipment! Take the time to adjust all the settings on your chair. Set your desk

and monitor to the right height. If you are using a laptop, elevate it and use your external keyboard or install a monitor so you can work comfortably. You can even combine these solutions and use two monitors. Simply make sure they are at the same height. If you are using your two screens for the same amount of time, place them side by side. If

you have one main monitor, center it in front of you and place the second monitor to the side. The goal is to avoid frequently repeating the same neck movements. When it comes to your work surface, make sure you have all the supplies you need within easy reach. Consult the following illustration to help you adjust your workstation:





UNIVERSEL SKU 65867

Lastly, don't forget to move! Even with the best ergonomic arrangement, staying in a static position for long periods of time is demanding on your body and your eyes. Give yourself micro-breaks of about 30 seconds every 30 minutes to get the blood flowing and reduce discomfort. To reduce the risk of eye strain, you can follow the 20-20-20 rule: look 20 feet away for 20 seconds every 20 minutes.

Ergonomics is not just about the configuration of your workspace. It's important to schedule time for leisure

and physical activity and to limit your screen time outside of class. In addition, you should make sure that your tasks are well distributed throughout your day to promote motivation and minimize stress. By adopting these ergonomic practices, you are building good habits that will serve you well throughout your life.

Sarah Pitre, Occupational Therapist at the Ergothérapie de l'Estrie Clinic

*Bestar does not endorse the Ergothérapie de l'Estrie clinic and the latter does not endorse Bestar.

LEARN IN TOTAL COMFORT

The new school year is right around the corner, and that means that parents, students, and teachers everywhere are bracing themselves for the possibility of another hybrid learning experience. We can't predict what will happen, but we know that having an ergonomic workstation to study at will be essential either way. Get ready to be inspired by the comfortable and stylish learning-from-home solutions in this issue.

PRO-VEGA SKU 130852





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MISSION: Create inspired, sophisticated, and cultivated content and images on the latest trends in the world of home and office furniture, design, and decor *

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PRO-CONCEPT PLUS SKU 110895-17



I3 PLUS SKU 160852

Create a Back-to-School Study Space for Your Child

A great project to take on with your child is to create an inspiring and productive study space to help support their success. No matter the level of education of your child – from kindergarten to high school to college – an individual, dedicated space for schoolwork can provide the inspiration and structure necessary for them to do their best work.

Since the beginning of the pandemic, schools have implemented various means of study – onsite, remote learning, and variations in between.

A personal study space with an organized workstation can mean the difference between an enjoyable and successful school year for your child or one that is just that much more disorganized and stressful.

And, while no one study space works for everyone, with the help of cues from your child and these suggestions, you can create a homework and study area that is certain to be more suitable than the kitchen table.

AQUARIUS SKU 114401



Choose the Place

Over time, a designated place to study encourages your child to develop an appropriate mindset when they enter the space. Initiating focus rapidly helps the student get started more quickly, with a better sense of motivation and fewer distractions. Movement between different spaces requires time to settle in, process, and regain focus each time. One dedicated space where your child can establish a routine and workflow means far less time and energy wasted.

Set the Tone

Is your child comfortable in a busier environment and not so easily distracted by noise? Or, maybe your student can only concentrate when alone in a quiet space? For the child that enjoys more activity, perhaps a location near the kitchen or family room works well. For the solitary learner, a barrier to block interruptions, away from the higher trafficked areas of your home, is best.

Consider Ergonomics for Healthier Studying

To better support your child in their study habits, comfort is key to promoting focus and productivity. Look for a computer desk and chair that offer good ergonomics. An ergonomically designed desk will ensure they can sit and work, for hours in many cases, without pain or discomfort.

Ideally, choose a quality computer desk and chair that offer adjustability to fit your child's body and allow a healthy posture. When your child is seated, they should be able to rest their elbows on the desk surface without hunching their shoulders. Feet should rest flat on the floor. For smaller children, provide a pillow on the seat and tuck a box under their feet for greater comfort. You should also provide a desk with enough surface and storage space in which to spread out and avoid being overwhelmed by stacks and piles.

Be Comfortable – Just not TOO Comfortable!

Schoolwork can get done at home in pajamas — people who work at home do it all the time. Some parents, on the other hand, require their kids to work in their day clothes. It depends on the individual and the way they learn. Along with a place that facilitates effective study — where your child can be focused and alert yet relaxed — you should be ensuring your student is comfortable enough to minimize distractions. However, you want to avoid the kind of comfort that causes your child to be lethargic or fall asleep.

" An ergonomically designed desk will ensure they can sit and work, for hours in many cases, without pain or discomfort. "



UNIVERSEL SKU 165856

Choose Natural Lighting

We, as humans, search out natural light. Yes, daylight will diminish as we leave summer behind us, but your child can enjoy as much light as possible if their desk is located near a window. Light from the outdoors is one of the best sources of light in any office, for studying, work, or otherwise. Just ask anyone who works for long periods under fluorescent lights.

Don't have a window in your child's study place? Position a mirror to reflect the closest source of natural light into the room. Even a little is better than none at all. Alternatively, if natural light is hard to come by, opt for lights that replicate sunlight to provide the next best solution.

Stock Up on Supplies

Prior to the first day of school, the stores are loaded with school supplies at great prices. Be sure to equip your student's workspace with everything they might need for their schoolwork. A calculator? A ruler or geometry set? A variety of papers? Be sure they are close by and in ample supply to keep your child on task without losing momentum from hunting things down.

Tip: provide your kid with a calendar or planner to keep them on track so they can reference their to-dos quickly and easily.

Keep Everything Organized

Organization includes keeping computer files orderly too. Review with your child how to save documents, create and order files, and how to name their electronic folders properly to help them save valuable time when working on their computer. It's a great lesson they can take with them beyond their school years.

Personalize the Study Space

Decorate to inspire and motivate – let your child personalize their study space. Posters, photographs, artwork, or anything else that has meaning to your child will help them enjoy

this space as it motivates and inspires them every day. Don't forget to include house plants! They could improve air quality indoors as well as bring a sense of calm and peace to the space.

Remove Electronic Distractions

Lastly, turn off or remove your child's mobile phone and other devices that aren't necessary to get work done. Phones are one of the biggest distractions when it comes to effective studying – even just knowing it's nearby can be distracting. Allow low-volume background music, if anything at all, during homework time to help maintain your child's focus.

TALITA SKU 104400





SOLAY SKU 29400

4 Tips to Stay on Top of Online Learning

We all know how hard the past year has been. Everyone's lifestyle has changed drastically. For students, the switch to online learning was and is still far from easy. Going from regular school to online school in such a short period of time was a hard transition. Since they have to be more responsible for their studies, students have to change the way they learn.

There are so many ways to make online learning easier. From staying organized to taking breaks, it is crucial to know the best tips and tricks that will help you stay on top of the online school situation that most students continue to face today.

The Right Workstation

Creating a dedicated workspace is essential to be productive when learning at home. If you know that you need very little space, choosing a more compact desk might be better for you. However, if you prefer to spread your notes out, a more spacious workstation could be what you need. For some of us, having all our notes out when writing a paper or when studying for an exam is vital. No matter what, you need to start with the perfect desk. For students, a smaller desk such as a desk shell or a table desk is ideal. These desks are modest in size, meaning they will fit in even the smallest rooms.



UNIVERSEL CHA-REG21038

Another important thing to know if you're setting up your workspace is that you must be comfortable. Get yourself a nice chair that will help your posture and relieve the tension in your body. Discomfort might build up if you're constantly slouching. Try to remind yourself to sit straight more often.

You should also organize your space. We all know that a messy desk equals a messy mind. Knowing where your things are will help you stay on task. You should consider adding storage to your desk. A hutch is a great solution that allows you to make the most of the vertical space in your room. If you prefer a solution that offers better file organization, why not opt for a mobile pedestal? These neat little file cabinets can be rolled wherever you want, and often fit perfectly under a desk. This way, all your supplies and school papers will have their own spot. Staying organized is much easier when you have the space to do so.

It might also be a great idea to separate the place where you learn and where you entertain yourself. This trains your brain to know when it is time for school and when you can relax. This is also why learning from your bed might not be good. Your brain will find it harder to turn off when you're going to bed since you've been working from there all day.

Keep the Distractions Away

One of the hardest aspects of online learning is probably avoiding distractions. When you are at home, distractions are everywhere. Usually, when you're physically in class, you can resist the temptation to play on your phone. During online school, it's easy to just check your social media or play games during class... you're alone after all.

Online learning is also far less stimulating than in-person learning. Not feeling like the teacher is really

looking at you makes it harder to feel involved. The best tip, which might be hard to get the hang of, is to act as if your online class was an in-person class. Try to keep your phone somewhere you don't easily have access to. Don't scroll on various websites. What you wouldn't do in person, don't do at home.

If you still can't stay on task on your own, there are plenty of other solutions out there. You can find some apps for your phone or extensions for your browser that keep you from going on certain websites. You are sure to find at least one that will help you stay productive during your online-learning days.

Get Your Schedule Ready

Of course, schedules are not for everyone. However, they could help you stay on top of all your due dates more efficiently. By having a schedule, you can hold yourself accountable if you hand something in late. Just like you should organize your space and your things, it is crucial that you organize your time as well.

Schedules are not just for knowing when your exams are, you can also use them to know when to do your homework, readings, and more. Have you tried to-do lists? They are a great way to remember your tasks. Plus, checking one of these tasks off the



list can be quite gratifying. It is always pleasant to know that you are one step closer to being done with your work.

A good way to ensure that you never miss a class is to have different alarms for each one. This way, you don't necessarily have to know when your classes are. That's one less thing to remember, so you can focus on other things.

Trying out time blocks might be another excellent way to plan your days. You can determine the moments when you need to be working. By doing that, your schedule will also show you the moments when you are free. You can then organize other activities to enjoy in your free time.

Take a Break

We discussed how to be more efficient during online learning. There's no doubt that these tips and tricks will help you stay productive. However, if all you do is study, you will get overwhelmed quickly. It is just as important to take breaks. If you concentrate on a paper or an exam for too long, you might get frustrated.

As we said, when you're done with your learning time, you should do something different. Have you thought about going outside to exercise perhaps? Staying active can help your brain be more efficient when you need it most. It is ideal to get some fresh air whenever you can! Staying inside for long periods of time can be detrimental to your physical and mental health.

You should also try to stay in touch with your friends whenever you can. Depending on where you live, it might be hard right now to see them in person. That being said, there are many ways to socialize online, such as video chatting. Talking and hanging out with your loved ones when you can is important.



BUREAU : I3 PLUS SKU 160853

HUCHE : I3 PLUS SKU 160521

You might find it easier to be productive during school if you know that studying isn't all you do.

Online learning is no easy task. Most of us will do anything to make it even a little bit easier. These tips will help you become more productive when learning at home. They are the best way to successfully get through your online learning journey!

Good luck!



DAYTON SKU 88420

Inspiring Designs to Motivate You as You Learn From Home

How to learn from home? It's a question crossing many people's minds lately, and while there is not one single answer to it, there are many ways to boost your motivation when learning from home. One fun and innovative way to feel inspired is to decorate and personalize your study space.

An uncomfortable and boring workspace can drain your energy and negatively impact your productivity. An environment that speaks to you and sparks joy, on the other hand, can help you stay happy and motivated while you learn from home!

Enjoy a Window Seat View

There's a reason most people prefer window seats over aisle seats; it's because you can never underestimate the power of a good view! If you have a window that overlooks a cityscape, a park, or even just the trees in your backyard, take advantage of it!

People who do not get enough natural light or a good view are more likely to feel drained and gloomy. The possibility to look outside and see nature or people can be a great way to inspire you as you study.

So if you have access to a nice view from your home, we suggest trying to set up your study space nearby. Some natural light will energize you and motivate you to get to work!

Divide and Conquer with a U-Shaped or L-Shaped Desk

A struggle that many people experience when trying to set up an effective study space at home is creating a space just for work. U-shaped and L-shaped desks are perfect for creating a division between your workspace and the rest of your home, without putting up an actual wall.

Thanks to their unique designs, these desks provide you with your own little bubble in which you can focus. Their large work surfaces can easily accommodate all of your school-related materials such as your computer, keyboard, printer, textbooks, and more. Furthermore, their shape means they can fit anywhere in your home, be it in a corner or against an unused wall.

Plant a Little Joy

Say hello to your new best friend: your very own desk plant! Not only do plants purify your air, they also bring life and color to your space. Their presence can also help reduce your stress levels and contribute to your well-being.

Do you think getting a plant will make you feel good? Then, check out your local gardening center

or nursery for some great options and maybe even some special sales. Not sure what kind of plant you should start with? It's best to do some research first to find plants that will thrive in your space, but good beginner plants include Snake Plants, African Violets, ZZ Plants, Philodendrons, and Lucky Bamboos! You can choose from a number of plants that require low maintenance but that provide great happiness.

And if you really don't have a green thumb, you can always opt for a fake plant to add some green to your decor.

Corner Yourself In

Patrick Swayze might have said "Nobody puts baby in a corner," but sometimes you have to work with the space you have! Finding a place to study is no easy task when you live in a studio or a small apartment. That's why it is important to take advantage of unused spaces such as nooks, crannies, and corners.

Take time to look around your home and measure any open corners to see if you can fit a small desk there. Corner desks and L-shaped desks are specifically designed to fit right into these spaces. If you have to move some furniture around to set up a small study space, it is probably worth it. After all, you want to be comfortable and productive when you learn from home.

EQUINOX SKU 115855



" If you want a fun burst of color, try painting an accent wall in one solid color. "



PRO-VEGA SKU 130850

Let Your Creativity Fly

A fun and aesthetically pleasing work area is conducive to good morale and inspiration! Feel free to personalize your space and decorate according to your tastes! Your study space should be a reflection of your personality!

Take time to hang up paintings and posters or to create your own artwork. A fun way to let your creativity flow and to easily change up your decor is with a chalkboard. You could even get some chalkboard paint to set up a whole wall for creative fun!

Your workspace should be an area of your home that makes you happy and productive. So, if you let yourself have some fun with your decor, you should feel motivated to get to work!

Add a Pop of Color

There's no doubt that colors can have a huge impact on your mood. That's why adding color to your learning space can increase your motivation and improve your productivity! Familiarize yourself with color psychology and decorate your space with colors that make you happy.

If you want a fun burst of color, try painting an accent wall in one solid color. This is sure to liven up your space! Playing with color can also be subtle, but distinct. Try adding colorful pieces to your decor like a statement chair, lamp, or painting. A few items of the same color create a cohesive theme and palette that will help you feel comfortable when learning.

Customize and Accessorize

Good accessories can tie everything together! It's wise, however, to choose accessories that are both stylish and functional; that way you get the best of both worlds. If you want your workspace to be a productive and inspiring place, consider one of the following trendy accessories:

A Himalayan salt lamp: not only do these lamps look good in any space, they are also believed to release negative ions which are said to purify air and improve morale. They also release soft, soothing light to create a calming environment.

A mini humidifier/essential oil diffuser: these nifty contraptions come in various colors and modern designs that are sure to contribute to your decor. Essential oils are also known for reducing stress and anxiety levels, while humidifiers improve air quality.

A light therapy lamp (also known as a happy light): these handy little lights hardly take up any space, and they help boost your morale and energy levels by mimicking natural light.

GEMMA SKU 107852



Tell Yourself Less Is More

Accessorizing isn't for everyone, and that's why we also want to show you that a minimalist desk can be functional and inspiring too! Some people prefer to keep only the essentials on hand, and that's certainly one way to keep a clean and organized learning space.

Sometimes having a nice, clean slate is the best way to start your day! If you like having a lot of open space to work at your desk, then feel free to keep only your school materials nearby. This way you can avoid any stress from unwanted clutter and lost paperwork!

Looking for some middle ground? Try adding only one or two statement pieces that make you happy and inspire you. Limiting the number of things on your desk can help you feel in control of your surroundings and help you get to work!



SMALL DESKS, BIG DREAMS

Stylish Support

The 45W Small Desk from the Talita Collection will transform even the smallest space thanks to its stylish modern farmhouse design. Invest in this versatile piece to create an attractive study space that will support your needs.



TALITA SKU 104400







Easy Ergonomics

The best way to maintain ergonomic comfort is with a desk that moves with you. The 36W x 24D Small Standing Desk from the Universel Collection is the perfect adjustable solution for a small space.

UNIVERSEL SKU 165856

Traditional Table

What's better than a classic workstation? Choose the 48W Small Table Desk with U-Shaped Metal Leg from the Solay Collection for a simple desk with just enough storage to stay organized and on task.



SOLAY SKU 29400







Creative Corner

This 56W L-Shaped Desk from the Equinox Collection is small yet spacious! The L-shaped design cleverly optimizes the space in any corner while simultaneously offering a large work surface.

Smart Study Spaces

Learning from home can be peaceful and productive, but sometimes it can do a world of good to change environments when studying for hours at a time. Take advantage of the public spaces on campus such as empty classrooms, the library, and the common area in your dorm. You could even try booking a study room or conference room for group study sessions.





TABLE : UNIVERSEL SKU 65776

CONFERENCE ROOM



COMMON ROOM



PEDESTAL : UNIVERSEL SKU 65642

DESK : PRO-BIZ SKU 100871CR





DESK : PRO-BIZ SKU 100870DG

PEDESTAL : UNIVERSEL SKU 65642

LIBRARY

CLASSROOM



: UNIVERSEL SKU 21038

TABLE : UNIVERSEL CHA-REG21038


SHELVING UNIT : I3 PLUS SKU 160634

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