

## Patient Resources: Work

Working from home hints and habits

<https://puresportsmed.com/blog/posts/working-from-home-hints-habits>

5 work-out at work exercises

<https://puresportsmed.com/blog/posts/a-workout-at-work-5-office-exercises>

Work-life balance?

<https://puresportsmed.com/blog/posts/claire-small-says-work-life-balance-doesnt-exist>

Work and health leaflet. How common health problems should be accommodated at work (Waddell and Burton)

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/209035/hwwb-work-and-health-leaflet.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/209035/hwwb-work-and-health-leaflet.pdf)