

For someone who has to work long hours...

So, you go to bed relaxed—because tomorrow is your WFH day. You pace your way into work, you hop on your stand-up call, then another, and another...and the calls keep piling up. And you forget you've been sitting there for a while—in fact, for hours now!

Your body remembers though, so it pleads with you to get up and stretch—but since the pain's manageable, you just ignore. You're not broken...yet! So, you continue to work, turning a blind eye to those symptoms, but your brain records them as tension. And slowly...they leak.

First, you make those frequent *tsk* sounds; then, you glare at your family who simply call your name a couple more times (because you didn't respond). And finally, you are irritated.

So as you sit there for hours, you don't realise why you're being moody.

And then, when you introspect, you crack it—how you've mistaken your job for the culprit and given it this fancy name: 'stress'.

The real truth, however, is that if you had taken a break and stood up (even if you didn't stretch!), your body would have thanked you. Since your work gives you no breathers, breaking the cycle feels impossible.

But a sit-stand desk will change the situation. When you feel your body twitch, you can pause your work, stand, and continue working. This way, the tension built inside your head fades away. And when your legs tire out, you sit, rest and work. A mix of both sitting and standing—a real gamechanger.

Your job might not allow you to be mindful of your body and mind, but this desk *will*. You choose only one thing—whether to sit or stand.