

5 ways to make a sustainable home office.



In the post-covid era we find ourselves living in, the need for home offices, workspaces and study areas has increased exponentially. This, in turn, has produced higher waste and an increase in mental health struggles as the 'work from home' lifestyle takes its toll. In this article we will explore some steps you can take to make your home office sustainable, affordable, and better for your mental health.



1. Start simple and save.

When starting your home office, its best to start with the basics. What is absolutely essential for your workspace? List off supplies you can't live without and build from there. Starting your office space this way will not only save you money but produce less waste and keep your desk clutter free.

2. Incorporate natural lighting.

If you can choose where your home office is placed, we suggest somewhere with plenty of natural light. Taking advantage of natural lighting will help keep energy costs down and improve both your mood and your health. If you're unlucky and haven't a lot of natural lighting, you can use brighter colours and strategically placed mirrors to increase the light you have. Some of us have offices in basements and other light lacking areas, for this we advise LED light set ups. Led bulbs are energy efficient and can mimic sunlight, saving cash and boosting mental health.

3. Consider house plants.

A little green friend can be do more then just look pretty. Though house plants do bring a certain beauty to any room, many potted pals can make your workspace more eco-friendly. Simple succulents, and shrubs like orchids and devils' ivy can improve air quality, producing oxygen in exchange for the airborne carbon dioxide. We're not all professors of plant life, so thankfully there are plenty of plants that take minimal care and endless articles online that can help you choose your own botanical buddy.

4. Choose sustainable materials.

From a complete renovation to a simple re-decoration, using sustainable materials is vital. A common example or sustainable substitution is the use of bamboo over hard wood. Though wood itself is sustainable, trees take years to grow and the removal of them effects all manner of wildlife as well as air quality. Bamboo, however, is notoriously quick to grow and can repopulate much faster than most other wood types. The growing popularity of this cost-effective and durable material means that there are many products now made of the stuff in multiple colours, from floors to desks, Bamboo is a great alternative to wood.

Consider eco-friendly paints and supplies. Sustainability can also come in the form of pre-loved items. Consider a second-hand desk, chair, or storage unit instead of buying new. Second hand shopping can save you cash as well as reduce waste.

5. Minimise your waste.

Finally, it's important to minimise how much waste you produce. Be sure to recycle everything you can, Consider a whiteboard over sticky notes, go digital where you can and when you need to, print double sided. Every little change you can make is worth it for the environmental effects it can have.



By Dennis Courtenay-Moore
Social Media Assistant
Yellow Kiosk | April