



# NYC Lifestyle

## Upgrade Your Home Office

For many New Yorkers, working from home is here to stay. With this in mind, we encourage you to jumpstart the new year by upgrading your home office to help inspire creativity, keep you energized, and most importantly, maximize your productivity.

### Find an Ergonomic Chair

A comfortable, ergonomic chair will not only improve your overall posture, but will also make it easier to sit in the same position for extended periods of time. This means fewer breaks, better lumbar support and more time for being productive. The editors of Gear Patrol recently published a list of [the best office chairs for every budget](#).

### Get Well Lit

Lighting plays a pivotal role in your home office where function is far more important than aesthetic. A poorly lit space can have a lethargic effect on your mood and causes your eyes to strain as they work harder. If you're unsure what kind of lamp will work best for your home office, take a look at these [expert design tips from The Spruce](#).

### Improve Your Desk

There are thousands of desks to choose from, which makes selecting the right one for your office all the more challenging. To help you shop smarter, New York Magazine tested hundreds of desks and [published their top picks](#). Selections range from writing desks and high-trend products, to surfaces designed for architects, teachers and children.

### Adopt a Plant

Purchasing a plant for your home office is an easy and inexpensive way to introduce a fresh pop of color. [Click here](#) for a list of the easiest houseplants to care for in an apartment. When you're done, don't forget to [pick out a stylish new pot](#) for your leafy companion.



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### Headphones to Help You Focus

Noisy neighbors, busy sidewalks and nearby construction are among the most common complaints about working from home. A quality pair of headphones can tune-out the sounds of the city and help you enhance your home office experience. [This list of noise cancelling headphones](#) all come with a built-in microphone to ensure you don't miss a beat or a meeting.

### Playlists for Productivity

Whether you're writing an article or coding an app, music is a great way to keep you motivated and at attention. [These six Spotify playlists](#) selected by Fast Company include a vibrant mix of work-friendly, lyric-free tunes.

### The Scent of Success

Scent can play a significant role in encouraging positivity and tranquility, especially when transitioning out of an "at-work" mindset at the end of your day. Instead of lighting a candle, consider purchasing [an electric aroma diffuser](#). The virtually silent device dispenses essential oils into the air which are available in hundreds of different scents. Try these from [doTERRA](#).

### Office-Friendly Artwork

Fine art or framed photography doesn't have to break the bank. [Eyes on Walls](#) is a new virtual gallery offering hundreds of modern prints, professional framing and affordable shipping. The exclusive collection of works is sourced from independent, often new artists, meaning that the print you choose will be highly unique.