



WORKING @HOME #3

READY FOR A WORKING LUNCH!

RECIPES FOR SUCCESS WHEN YOUR HOME OFFICE
IS IN THE KITCHEN

PART 3

FOOD TO IMPROVE PRODUCTIVITY

PRODUCT IDEAS FOR A MULTIFUNCTIONAL OFFICE KITCHEN

DECORATING HACKS:

STORAGE | ORGANISATION | LIGHTING



Spice up your job!

Fresh ideas for a workspace that matches your style

For many people the kitchen is the heart of the home. It's not just when there's a party, adults and kids love to gather around their hearth on a daily basis – continuing a tradition that's centuries old. But people don't just cook and eat in the kitchen, they can also work here – so in this article we want to give you a few furnishing ideas and design tips for a creative zone that's usually used for more culinary purposes. The thing is, even without a separate workspace or dedicated office corner in another room, the work you do at home can still be productive and focused.

TIPS + TOOLS



Store more! The 2:8 principle is helpful here

You can see the effect of the 2:8 principle most clearly in a kitchen: You can create an uncluttered impression in your space by putting away most of your stuff. Interior design experts recommend that the ideal is to have 20% of your things on display (preferably the pretty ones) and store 80% of them out of sight. From this we can conclude that **the secret of a well-planned interior design strategy is mostly a question of intelligent storage.**



ACTA.PLUS
Intermediate frame shelf unit
in black.



A recipe for a calmer environment

ACTA.PLUS room divider with plant feature

You might need to consider zoning your separate living areas to make sure you can relax (as well as work productively!). A room divider with shelves is a great way of achieving this. You can use it to store some of your accessories invisibly – but you'll still have space to display your most attractive belongings.

- + ACTA.PLUS is not only available as a cupboard, it also comes as a room divider with shelves in diverse specifications and widths.
- + The plastic plant feature offers an elegant way of embracing the positive effects of green.
- + You can even use this to reduce sound levels thanks to its acoustic fronts.



Products:
NET.WORK.PLACE bridging desk, MOVE.MIX wire-frame bar stool

All the solutions we're showing you here are multifunctional. They slot into your everyday environment and can easily be used for work if you want to change your location or position on a regular basis.

Why we need screening

People tend to like spaces where there's an open perspective. Admittedly we sometimes need peace and quiet to work. So a lounge, dining room or kitchen/living area should have both of these elements: A clear perspective as well as good screening. Use low bookshelves or plants to create secluded corners in an open room.



TOP 5 nerve foods to combat stress

Nuts

Nuts contain lots of B vitamins including the nerve vitamin niacin (B3), as well as magnesium and Vitamin E – the perfect snack to keep you going between meals.



Paprika

Paprika contains twice the amount of Vitamin C found in lemons, making it a great way to top up Vitamin C after stressful experiences. It also provides magnesium and iron to combat fatigue.



Spinach

Spinach gives the nervous system a boost with calcium, Vitamin B6, potassium and magnesium.



Interior design with light (and shade)

Shade can be a source of atmosphere in a space – although that doesn't apply to workspace illumination. If you have a ceiling light, then you need an additional light source to help you see properly.

For your desk the best option is a direct task light, for which a really good choice would be the desk lamps supplied by our brand partner Artemide. Diffuse or indirect light is better for a relaxing atmosphere and is ideal for decorative lighting.



Our desk of the day:

NET.WORK.PLACE bridge desk

This clever multifunctional desk solution is part of our **NET.WORK.PLACE** programme. You can use **NET.WORK.PLACE** to create relaxation zones and work corners – or even a practical workspace solution for the kitchen, as shown here.

+ Various different slab end and top combinations are available. Dimensions shown here: 1600 x 800 x 430 mm

+ **NET.WORK.PLACE** elements come in a wide range of colours and finishes. There is also a selection of practical add-ons, including integral lighting, power sockets and much more.



Designing still life scenes and grouping objects

Accessories look their best when they are grouped together. Here are some basic principles that are useful:

1. Use different forms, materials and sizes as a basis.
2. Include a high point (e.g. a high chandelier), a low point (a bulbous vase), a focus (a detail to serve as the main attraction) – and don't forget an organic form.
3. Think in triangles.
4. Always have an odd number in your arrangement.
5. Position objects so that they overlap.
6. Work in three dimensions, building up layers.



Cocoa

Dark chocolate with high cocoa content contains tryptophan, an amino acid that is converted into the happiness hormone serotonin in our bodies, which lowers our stress levels.



Bananas

Bananas boost serotonin production as well. They are also packed full of Vitamin B6, magnesium, potassium and phosphorus.

KNOW-HOW

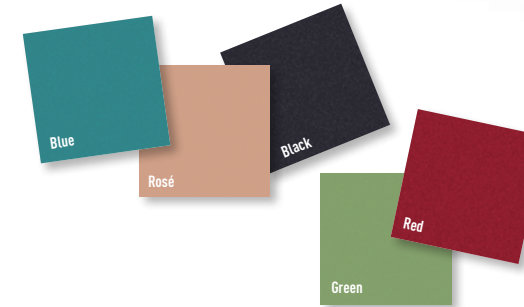
Mix up your workspace

MOVE.MIX with wire base

Equally practical for morning conference calls and drinks with friends: A bar stool is a great addition to a sit-stand workstation, providing plenty of opportunity to keep moving.

- + **MOVE.MIX** bar stool with wire frame in chrome and seat shell in black plastic
- + Like the table solution shown here, the bar stool is also available in a variety of designs: with **solid wood** or **wire base**, high or **low backrest** and **seat upholstery** in a selection of colours and materials.

Sample finishes: Plastic seat shell



WIRE BASE
also in black



SEAT SHELL
available with high backrest.



THE HOMELY ALTERNATIVE
Stand-up table and MOVE.MIX bar stool (shown here with low backrest) with solid wooden legs.

Buying tips from outfitting experts: Quality is worthwhile

How can you avoid buying mistakes and make smart investments in things you'll love for a long time instead?

- ☒ Ask yourself what would work best **with your existing circumstances**, such as **room size or use**, and your home set-up.
- ☒ Decide on a classic that meets specific **design criteria** – that certain something to make it special.
- ☒ Buy quality furniture that can be repaired and (unlike cheaper mass-produced furniture) has a resale value. Sometimes it's worth setting the purchase price against the number of years you will use it. **The truth is, in the same way that high-quality foods are an optimum source of nutrients for your body, good furniture is often a healthier and more sustainable alternative!**

**Low dependency on fashion + top quality craftsmanship
= high probability of a long lifespan**

How good nutrition improves your output

KNOW-
HOW



Our brain deals with a heavy workload every day because it's responsible for controlling almost every process in the body. Processing information with its billions of nerve cells accounts for around one-fifth of our daily energy requirements.

You can support this with the right nutrition while you're working at home. According to studies, sugar and wheat gluten reduce the ability to concentrate, whereas other foods boost your grey matter:

- + **High-fibre carbs** (wholegrain products, wholegrain rice, fruit, lentils, beans, peas, quinoa etc.)
- + **Omega 3 fatty acids** (found in salmon, herring, mackerel and sardines, as well as oils such as linseed, walnut and hemp)
- + **Water** (including infused water, herbal teas, ginger tea etc.)

Some more ideas for productivity when your office is in the kitchen

Relaxed recipe ideas that are ready in a flash for the whole family by bestselling author Sarah Schocke.

Find them here



We can help you design your workspace – it's a piece of cake wherever you are

Our highly experienced dealers are here to help you: They know all the ins and outs where office design is concerned – and they can offer you custom solutions for your workspace, whatever its location.

The products and configurations you see here are already available online via our sales partners from the Partner Portal.

Our regional dealership partners



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