



Improve your well-being at work

It's easy!

Work is necessary for most Americans, but sometimes your job may take a toll on your physical and mental health.

Nevertheless, it is possible to improve your well-being at work. Read on to learn how!



HealthAdvocate SolutionsSM





Top Tips to Improve Your Well-Being at Work

Eat a healthy breakfast. Eating breakfast can help you better maintain your weight! Starting work on an empty stomach can lead to fatigue, irritability, inability to focus, unhealthy snacking and overeating later in the day.

Stay positive. Going into work can be tough, but staying positive can help your day go more smoothly, help you enjoy it more and feel satisfied with what you do.

Drink water. Keep a bottle, cup or mug at your desk. This calorie-free and sugar-free beverage is one of the healthiest ways to stay hydrated.

Take every opportunity to move. Sitting for long periods of time is unhealthy. Even just standing up for a few minutes every hour can help!

Pack healthy snacks such as fruits, vegetables, whole grain crackers, nuts and raisins to munch on during the day. This will help you keep your energy up, prevent overeating at meals and avoid the vending machines.

Protect yourself and others from germs and prevent illnesses from spreading. Wash your hands for at least 20 seconds using soap and water.

Take breaks. It is important to step away from your work from time to time. This can reduce your stress levels and increase your quality of work and productivity.

Keep your desk or workstation neat—another stress buster and productivity booster!

Limit caffeine. Too much can cause you to crash or produce feelings of anxiety. Additionally, you could be adding calories to your beverage if you use milk/cream and sugar.

Eat a healthy lunch. Whether you buy or pack, plan to eat a meal consisting of a lean protein, half a plate of fruits or vegetables, and a whole grain.

Stay ahead of stress. Whether you're having an easy or difficult day, plan to spend at least 5 minutes on stress relief, such as a brisk walk, quick meditation or deep breathing exercises.

Improve your posture. Sit up straight with your feet flat on the ground. Your arms and knees should be at a 90° angle.

Dodge gossip. Don't get sucked into office drama. It can create a toxic environment and reduce your positivity.

Avoid burnout. Take your designated breaks as often as you are able. Limit the number of days you go in early or stay late. Plan to take time off for personal days and vacations. When you're away from work, avoid checking emails and voicemails, if possible.