

Wellness in the Workplace

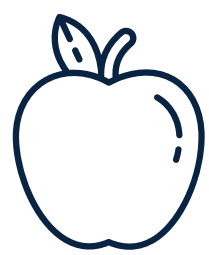
Helpful Tips



Walking makes people more creative. Walk to meetings, take a walk during your lunch break, or take the stairs instead of the elevator, if possible.



Staying **hydrated** throughout the day.



Eating **healthy snacks** throughout the day.



Knowing when and how to unplug from work. Creating a healthy **work-life balance**.

Tackle Midday Slump

After a successful morning and big lunch, it is common to hit a mental dead zone.

To help with your afternoon, **plan** out important tasks, or take a **break**, if possible.

Eliminate distractions, such as removing your phone from your desk and blocking any sites on your computer that might affect productivity.



Feng Shui

The Chinese words "feng" and "shui" translate to "wind" and "water."

This concept is derived from an ancient poem that talks about human life being connected and flowing with the environment around it.

- Add a **plant for growth**. Plants in a workspace can encourage growth in your career and company.
- Position yourself to see the **entrance to your office** while seated at your desk, without being directly in line with the entrance.
- **Eliminate** clutter
- Hang **artwork**

