



QUICK TIP

THE AVERAGE PERSON SPENDS 30% OF THEIR LIFE WORKING.

Physical and mental health doesn't take a break when on the job. These tips will help improve your well-being and build resiliency during the workday.

WELL-BEING AT WORK

There are so many simple ways to incorporate healthy living and stress management into your workday. Making mindful choices every day will soon turn into positive habits that will have a big impact on your life.



MANAGE STRESS

Practicing deep breathing and meditation during the workday can help reduce stress and be done in any setting. Meditation and mindfulness can refocus attention, let go of unnecessary stress, and even boost energy.



SNEAK IN EXERCISE

The American Heart Association recommends 150 minutes of physical activity every week. Break this into smaller chunks during your day like using the stairs, walking while on a conference call, or walking during lunch breaks.



PLAN AHEAD

Scheduling your workout and planning healthy meals and snacks as you would any appointment keeps you accountable to accomplish the task. For example, try scheduling a walk into your workday.