



MADE SAFE NL

Health & Wellness

Employee overall health and wellness can have a direct impact on the operations of any workplace. When people feel well, both physically and mentally, they are more likely to be safe, productive and committed to their work. Fostering a healthy workplace requires a combination of environmental and individual factors.

Here are some self-care tips to encourage you to focus on your physical and mental health that you can easily implement in your life today:



- **Get some sleep** - The less sleep you get, the more likely you will feel unpleasant emotions such as anger and anxiety. Lack of sleep also reduces your body's ability to fight off infections, leaving you more vulnerable to getting sick. Your goal should be 7 to 8 hours of sleep per night.
- **Eat good food** – Meal planning is a great way to eat healthier meals throughout the week and save money. Pre-package your own almonds, fresh fruit, or chopped veggies to have on hand for easy and healthy snacking while at work.
- **Move your body** – Getting some type of daily movement in is a great way to boost your well-being. Research shows that even just walking benefits the body in numerous ways including increased flexibility, decreased obesity risk, and even improves immunity.
- **Drink more water** – Most people aren't getting the proper hydration they need throughout the day. To keep your energy levels up and your muscles and tissues hydrated, keep a reusable water bottle near by and do your best to re-fill it frequently.
- **Prioritize mental health** – We all have mental health, and there are many ways to help improve it like taking regular breaks during the day, spending time in nature, learning deep breathing techniques, connecting with your colleagues, practicing mindfulness, reading more or practicing positive self-talk.

Developing a consistent self-care plan can help you stay stronger mentally and physically. Remember that it's not a one-size-fits-all practice, so finding what works for you is most important.

“Take care of your body, it's the only place you have to live.” – Jim Rohn

Source: <https://info.totalwellnesshealth.com/blog/health-tips-employees>