



American Heart Association.

Healthy for Good™



5 EASY WAYS TO IMPROVE YOUR WELL-BEING AT WORK

Busy days.
Endless demands.
Distractions everywhere.

Working is filled with many frustrations. But the good news is that there are ways to prioritize your mental and physical well-being during the work day. Even small changes matter and can lead to big improvements. Here are some top tips that you can start today.



1 STAY HYDRATED

When work gets hectic, you may forget about healthy habits like drinking enough water. Use a refillable water bottle to track your intake. Or make a game out of staying hydrated with your coworkers or family members; when someone says “water check,” everyone must take a drink.

Why? *Drinking enough water has many benefits, including improving brain function.*



2 FIND TIME FOR LUNCH

Schedule time for lunch every day. Read that again and then make it happen. If possible, eat away from your work space so you can focus on your meal and enjoy your downtime.

Why? *Good nutrition improves physical health and may help decrease stress and anxiety. A lunch break also helps you avoid getting too hungry and then overeating, or snacking mindlessly later.*



3 MAKE MINUTES MATTER

Allow breaks throughout the day. Even 5-10 minutes between meetings will give you time to decompress, use the bathroom, stretch your legs or get some fresh air before diving back into work.

Why? Short breaks help you handle stress and recharge your body and mind.



4 LIMIT DISTRACTIONS

Turn your phone on silent when you do not want to be disturbed. Or, find other ways to create fewer interruptions from coworkers or family members. Consider placing a “busy” sign at your work area when you need to concentrate.

Why? Limiting distractions makes you more productive at work and more present at home.



5 PRACTICE GRATITUDE

Celebrate small wins throughout the day. Keep a journal at your workspace where you write down all of your successes. Encourage coworkers to do the same and share something from your lists at the start of your next meeting to highlight progress.

Why? Positive thinking increases your optimism and can improve mental health.

IMPROVING YOUR WELL-BEING AT WORK:

- » Increases concentration and productivity
- » Lowers stress
- » Strengthens the immune system
- » Reduces risks of injury and disease
- » Boosts quality of life

Visit [heart.org/stress](https://www.heart.org/stress) to learn more.