

# Ten Wellness Tips for a Healthy Workplace

1. **Get active:** our body needs movement – walk, dance, run or stretch to increase energy and reduce stress
2. **Eat well:** make healthy choices by including more fruits and veggies with every meal. Download Cookspiration app by Dieticians of Canada for healthy eating recipes. Visit: <http://www.cookspiration.com/>
3. **Take a moment:** reduce stress by taking a pause to relax or listen to music. A few minutes break can help you feel recharged and refocused
4. **Stay organized:** Organize your work area by keeping it clutter free, which helps reduce stress levels
5. **Take a break:** Take a lunch break away from your desk to increase productivity
6. **Engage with co-workers:** Foster healthy relationships at work
7. **Get your Eight hours each night:** Getting proper sleep each night will help reduce grogginess at work, control appetite and help reduce mood fluctuations
8. **'Hygentify':** Break the chain of germ spread in your workplace. Remember to wash or sanitize your hands after touching elevator buttons, door handles and other high-use surface areas
9. **Ask an expert:** Make improvements to the work environment can make a big difference in preventing injury at work. Invite an Ergonomics Professional to speak on the importance of appropriate working space.
10. **Watch a Video:** A useful source of information about managing anxiety and other mental health concerns at work and home can be found in a one-minute video. Take a moment and view what may be helping yourself or a colleague. Check out [www.mentalhealthminute.com](http://www.mentalhealthminute.com)

**Want more ideas?** Visit Healthy Workplace Month website **Healthy Activity Ideas** page: <http://healthyworkplacemonth.ca/en/healthy-activity-ideas>

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Source: Healthy Workplace Month - <http://healthyworkplacemonth.ca>

