5 Self CareTips to BoostWell-Being

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HAPPIER WORKPLACES

1

Take Regular Breaks and Move: Prioritize short breaks and incorporate movement to refresh your mind and reduce physical strain.

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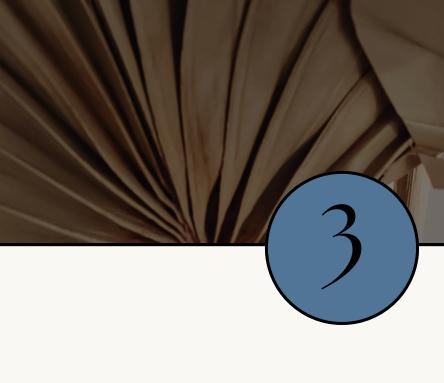
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2

Establish Clear Work-Life Boundaries: Set specific work hours, avoid off-hour work tasks, and maintain a healthy work-life balance.

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Cultivate a Positive
Workspace: Personalize and
organize your workspace with
items that bring joy,
motivation, and reduce stress.

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Practice Mindfulness:
Integrate daily mindfulness
techniques like meditation or
deep breathing to manage
stress and enhance focus.

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5

Stay Hydrated & Nourished:
Drink enough water, choose
nutritious snacks, and
maintain a well-balanced diet
for sustained energy.

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