

WELLNESS in THE WORKPLACE

WHAT IS IT AND HOW TO ACHIEVE IT

WHY IS WELLNESS & WELLBEING IMPORTANT IN THE WORKPLACE?

- ✓ Improves energy, focus, and happiness, leading to better performance
- ✓ Prevents burnout, stress, and chronic illnesses, reducing absenteeism and improving quality of life.
- ✓ More productive workforce, resulting in higher efficiency, job satisfaction, and a positive work environment.

WELLNESS DIMENSIONS

MENTAL WELLNESS

PHYSICAL WELLNESS

SOCIAL WELLNESS

EMOTIONAL WELLNESS

SPIRITUAL WELLNESS

ENVIRONMENTAL WELLNESS

PHYSICAL WELLNESS DAILY PRACTISES

MOVE



Take breaks, stretch, walk

EAT WELL



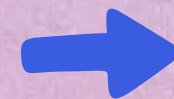
Include fruits, vegetables, protein

HYDRATE



Drink at least 8 glasses of water

SLEEP



Aim for 7-9 hours sleep per night

MENTAL WELLNESS AT WORK

Manage stress



Deep breathing, short breaks

Stay organized



Plan tasks to avoid last-minute stress

Connect with colleagues



Build positive relationships

Practice mindfulness



Focus on one task at a time

THE ROLE OF EMPLOYERS IN HEALTH & WELLNESS

INVESTIGATING IN EMPLOYEE WELLBEING

- ✓ Encouraging healthy breaks & flexible work
- ✓ Organising wellness programmes in the office
- ✓ Supporting mental health awareness
- ✓ budgeting for well-being events
- ✓ Providing ergonomic office setups
- ✓ Listening to staff concerns & ideas

Small health changes can make a big impact in the workplace.

Staying active, eating well, and managing stress help improve overall well-being and productivity.

Both employers and employees have a role in creating a healthier environment.

Make self-care a priority for a happier and more balanced life.