

# **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

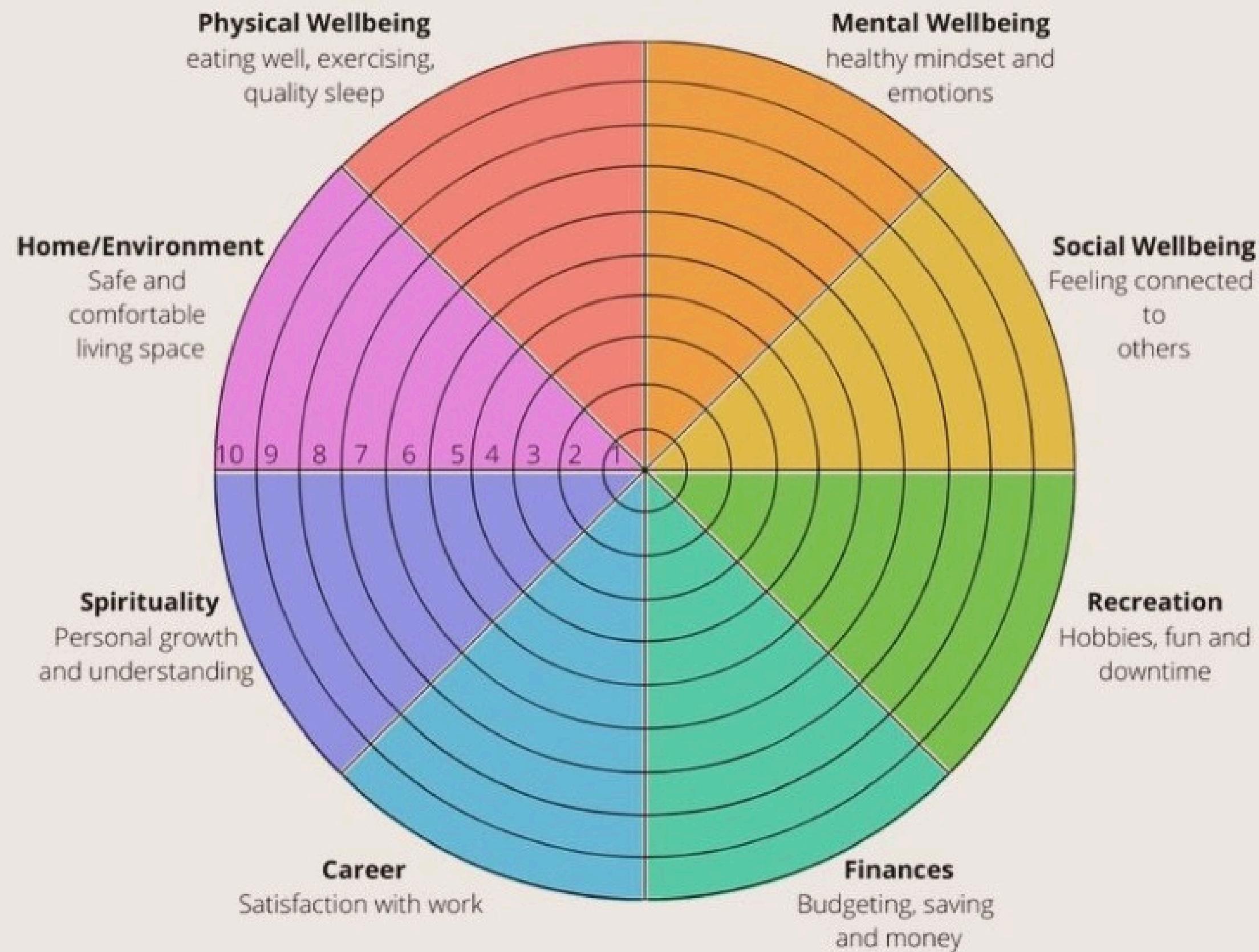
SOCIAL WELLNESS

EMOTIONAL WELLNESS

SPIRITUAL WELLNESS

ENVIRONMENTAL WELLNESS

# Wellness Wheel



# 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.