

# TIPS ON IMPROVING OCCUPATIONAL WELLNESS



**1** Don't settle. Continuously striving toward a goal at work, whether it be a promotion or successful completion of a project, can make a huge impact on your occupational wellness. Staying engaged and excited about your work is an excellent way to improve your occupational wellness.



**2** Avoid over-working yourself. This can lead to burn-out and often resentment toward your job. It is crucial to find an optimal work/life balance. Setting downtime in your schedule for time with your family and time to treat yourself is imperative to maintaining a healthy outlook in both your occupational and personal life.



**3** Create connections with your coworkers. It's no secret that being surrounded by individuals whom you consider both friends and colleagues makes the workplace a much more enjoyable space. Take the time to get to know your coworkers to create those bonds.



**4** Consider adding some greenery and personal touches to your office space. Research shows that the addition of plants to your office can decrease both stress and noise levels. The addition of photos or a fun calendar can also add color and a more personal feel to your space.



**5** Take a break. Taking breaks actually improves job performance, and it also helps reduce overall work stress. Just a few five-minute breaks scattered throughout the day can help strengthen mental focus and clarity. Get up from your desk, stretch, chat with a coworker and walk around the office for a minute.