

wellness quotes for the workplace

Wellness Quotes for the Workplace: Boosting Morale and Productivity

Feeling stressed? Burnt out? Like your workplace is more of a pressure cooker than a place of progress? You're not alone. Many employees struggle with workplace stress, impacting productivity and overall well-being. But what if we told you there's a simple, yet powerful way to inject positivity and encourage a healthier work environment? This post offers a curated collection of wellness quotes for the workplace, designed to inspire, motivate, and promote a culture of well-being. We'll explore how these quotes can improve morale, boost productivity, and cultivate a more supportive atmosphere for everyone. Get ready to infuse your workday with a dose of much-needed inspiration!

The Power of Positive Affirmations in the Workplace

Before diving into the quotes themselves, let's understand the underlying psychology. Positive affirmations, even in the form of short, impactful quotes, have a remarkable influence on our mindset. They can:

Reduce Stress: A positive affirmation can act as a mental reset, shifting focus away from anxieties and towards a more optimistic outlook.

Boost Motivation: Reading or hearing inspiring words can reignite our inner drive and encourage us to tackle challenges with renewed energy.

Improve Collaboration: Shared positive affirmations can foster a sense of community and encourage teamwork, breaking down barriers and building stronger relationships.

Enhance Productivity: A positive and supportive environment directly contributes to increased efficiency and output.

Wellness Quotes for the Workplace: Inspiration for Your Team

Now, let's get to the heart of the matter – the quotes themselves. These are carefully chosen to resonate with the unique challenges and triumphs of the workplace:

On Resilience and Overcoming Challenges:

"The oak sleeps in the acorn; the bird waits in the egg; and in the highest vision of the soul a waking angel stirs. Dreams are the seedlings of realities." - James Allen - This quote reminds us that potential lies within each of us, encouraging perseverance through tough times.

"What lies behind you and what lies in front of you, pales in comparison to what lies inside of you." - Ralph Waldo Emerson - This emphasizes inner strength and the resources we possess to overcome obstacles.

"The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle." - Steve Jobs - This encourages passion and purpose in one's work, a crucial element for well-being.

On Mindfulness and Presence:

"Be present in all things and thankful for all things." - Unknown - This promotes gratitude and mindfulness, key components of stress reduction.

"The key is not to prioritize what's on your schedule, but to schedule your priorities." - Stephen Covey - This quote encourages conscious time management and a focus on what truly matters.

"You don't have to control your thoughts, you just have to stop letting them control you." - Dan Millman - This promotes self-awareness and managing negative thought patterns.

On Teamwork and Collaboration:

"Alone we can do so little; together we can do so much." - Helen Keller - This emphasizes the power of collaboration and mutual support in the workplace.

"Talent wins games, but teamwork and intelligence win championships." - Michael Jordan - This highlights the importance of teamwork for achieving significant results.

"Coming together is a beginning. Keeping together is progress. Working together is success." - Henry Ford - This provides a clear framework for understanding successful collaboration.

On Self-Care and Well-being:

"Take care of your body. It's the only place you have to live." - Jim Rohn - This emphasizes the importance of self-care and prioritizing physical health.

"Invest in your well-being. It's the best investment you'll ever make." - Unknown - This promotes self-care as a crucial investment in one's overall success.

"Stress less, live more." - Unknown - A simple yet powerful message encouraging a healthier lifestyle balance.

Integrating Wellness Quotes into Your Workplace

These quotes aren't just for passive reading. Here are some practical ways to integrate them into your workplace culture:

Create a "Quote of the Week" board: Showcase a new inspiring quote weekly, encouraging discussion and reflection.

Include quotes in team emails or newsletters: Start your communications with a motivating message.

Use quotes as part of your training materials: Infuse positivity into onboarding and professional development sessions.

Print and frame quotes for office spaces: Decorate common areas with inspirational messages.

Conclusion

Implementing wellness quotes for the workplace is a simple, cost-effective strategy with significant potential. By fostering a culture of positivity and encouragement, you can enhance employee morale, boost productivity, and cultivate a healthier, more supportive work environment. Remember, even small acts of inspiration can have a big impact. Choose the quotes that resonate most with your team and watch the positive energy spread!

FAQs

1. Are these quotes suitable for all workplaces? While these quotes aim for broad appeal, it's crucial to consider your specific workplace culture and audience. Choose quotes that align with your company values and resonate with your employees.
1. How often should I change the quotes? The frequency depends on your preferences and the engagement level you observe. Weekly changes can keep things fresh and provide ongoing inspiration, while monthly changes might also be effective.
1. Can I use these quotes on social media for my company? Yes, but always credit the original author when possible. Sharing these quotes can strengthen your company's brand image and promote a positive work culture.
1. What if my employees don't seem interested in these quotes? Start small and gauge the response. Don't force it; instead, focus on creating a receptive environment where well-being is valued. Consider incorporating interactive elements, like discussions around the quotes.
1. Are there any downsides to using wellness quotes in the workplace? While rare, some might find certain quotes cliché or ineffective. The key is thoughtful selection and integration, ensuring the quotes genuinely resonate and support your workplace goals.

2015-06-08 A smarter framework for designing more effective workplace wellness programs Workplace Wellness That Works provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? Workplace Wellness That Works shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, Workplace Wellness That Works skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

wellness quotes for the workplace: A Beautiful Work in Progress Mirna Valerio, 2017 Runners' vocabulary is full of acronyms like DNS for Did Not Start and DNF for Did Not Finish, but when Mirna Valerio stepped up to the starting line, she needed a new one: DNQ for Did Not Quit. Valerio has tied on her running shoes all across the country, from the dusty back roads of central New Jersey to the busy Route 222 corridor in Pennsylvania to the sweltering deserts of Arizona. When you meet her on the trail, you might be surprised to see she doesn't quite fit the typical image of a long-distance runner. She's neither skinny nor white, and she's here to show just how misguided these stereotypes can be. In this prejudice-busting, body-positive memoir told with raw honesty, an adventurous spirit, and a sharp sense of humor, Valerio takes readers along on her journey from first-time racer to ultramarathoner and proves that anyone can become a successful athlete.

wellness quotes for the workplace: Mental Health and Wellbeing in the Workplace Gill Hasson, Donna Butler, 2020-06-22 ***HIGHLY COMMENDED - HR & MANAGEMENT - BUSINESS BOOK AWARDS 2021*** Provides guidance for both employers and staff on promoting positive mental health and supporting those experiencing mental ill health in the workplace The importance of good mental health and wellbeing in the workplace is a subject of increased public awareness and governmental attention. The Department of Health advises that one in four people will experience a mental health issue at some point in their lives. Although a number of recent developments and initiatives have raised the profile of this crucial issue, employers are experiencing challenges in promoting the mental health and wellbeing of their employees. Mental Health & Wellbeing in the Workplace contains expert guidance for improving mental health and supporting those experiencing mental ill health. This comprehensive book addresses the range of issues surrounding mental health and wellbeing in work environments – providing all involved with informative and practical assistance. Authors Gill Hasson and Donna Butler examine changing workplace environment for improved wellbeing, shifting employer and employee attitudes on mental health, possible solutions to current and future challenges and more. Detailed, real-world case studies illustrate a variety of associated concerns from both employer and employee perspectives. This important guide: Explains why understanding mental health important and its impact on businesses and employees Discusses why and how to promote mental health in the workplace and the importance of having an effective 'wellbeing strategy' Provides guidance on managing staff experiencing mental ill health Addresses dealing with employee stress and anxiety Features resources for further support if experiencing

mental health issues Mental Health & Wellbeing in the Workplace is a valuable resource for those in the workplace wanting to look after their physical and mental wellbeing, and those looking for guidance in managing staff with mental health issues.

wellness quotes for the workplace: The New Wellness Revolution Paul Zane Pilzer, 2012-06-12 Read the Preface, Introduction, and Chapter 1 at thewellnessrevolution.paulzanepilzer.com. Five years ago, Paul Zane Pilzer outlined the future of an industry he called “wellness” and showed readers how they could get in on the profitable bottom floor. The New Wellness Revolution, Second Edition includes more guidance and business advice for entrepreneurs, product distributors, physicians, and other wellness professionals. It’s an industry that will only grow, so get in while you can.

wellness quotes for the workplace: How to Do the Work Dr. Nicole LePera, 2021-03-09 #1 NEW YORK TIMES BESTSELLER · INSTANT INTERNATIONAL BESTSELLER From Dr. Nicole LePera, creator of the holistic psychologist—the online phenomenon with more than two million Instagram followers—comes a revolutionary approach to healing that harnesses the power of the self to produce lasting change. As a clinical psychologist, Dr. Nicole LePera often found herself frustrated by the limitations of traditional psychotherapy. Wanting more for her patients—and for herself—she began a journey to develop a united philosophy of mental, physical and spiritual wellness that equips people with the interdisciplinary tools necessary to heal themselves. After experiencing the life-changing results herself, she began to share what she’d learned with others—and soon “The Holistic Psychologist” was born. Now, Dr. LePera is ready to share her much-requested protocol with the world. In *How to Do the Work*, she offers both a manifesto for SelfHealing as well as an essential guide to creating a more vibrant, authentic, and joyful life. Drawing on the latest research from a diversity of scientific fields and healing modalities, Dr. LePera helps us recognize how adverse experiences and trauma in childhood live with us, resulting in whole body dysfunction—activating harmful stress responses that keep us stuck engaging in patterns of codependency, emotional immaturity, and trauma bonds. Unless addressed, these self-sabotaging behaviors can quickly become cyclical, leaving people feeling unhappy, unfulfilled, and unwell. In *How to Do the Work*, Dr. LePera offers readers the support and tools that will allow them to break free from destructive behaviors to reclaim and recreate their lives. Nothing short of a paradigm shift, this is a celebration of empowerment that will forever change the way we approach mental wellness and self-care.

wellness quotes for the workplace: Wellbeing at Work Jim Clifton, Jim Harter, 2021-06-01 What if the next global crisis is a mental health pandemic? It is here now. One-third of Americans have shown signs of clinical anxiety or depression, and the current state of suffering globally has risen significantly. The mental health pandemic manifests everywhere, not least in your workplace. As organizations around the world face health and social crises, as well as economic uncertainty, acknowledging and improving wellbeing in your workplace is more critical than ever. Increasingly, leaders and managers must support mental health and cultivate resilience in employees — not just increase engagement and performance. Based on more than 100 million Gallup global interviews, *Wellbeing at Work* shows you how to do just that. Coauthored by Gallup’s CEO and its Chief Workplace Scientist, *Wellbeing at Work* explores the five key elements of wellbeing — career, social, financial, physical and community — and how organizations can help employees and teams thrive in those elements. The book also gives leaders ideas and action items to help employees use their innate talents and strengths to thrive in each of the wellbeing elements. And *Wellbeing at Work* introduces a metric to report a person’s best possible life: Gallup Net Thriving, which will become the “other stock price” for organizations. In a world where work and life are more blended than ever, maximizing employee wellbeing takes on greater urgency. *Wellbeing at Work* shows leaders how to create a thriving and resilient culture. If you and your leaders don’t change the world, who will? *Wellbeing at Work* includes a unique code to take the CliftonStrengths assessment, which reveals your top five strengths.

wellness quotes for the workplace: Emotional Wellness Osho, 2007-04-03 How do we

reconcile our need to express our emotions with our desire to protect others? Far too often we find ourselves trapped in this dilemma of expression versus repression. We fear that by expressing our true feelings, we will hurt and alienate those close to us. But by repressing our emotions—even in the benevolent guise of “self-control”—we only risk hurting ourselves. Osho, one of the most provocative and inspiring spiritual teachers of our time, provides here a practical and comprehensive approach to dealing with this conflict effectively. Incorporating new, never-before-published material, Emotional Wellness leads us to understand the roots of our emotions, to react to situations in a way that can teach us more about ourselves and others, and to respond to life’s inevitable ups and downs with far greater confidence and equilibrium. Discover: • The impact that fear, anger, and jealousy have on our lives • How emotions like guilt, insecurity, and fear are used to manipulate us • How to break out of unhealthy responses to strong emotions • How to transform destructive emotions into creative energy • The role of society and culture on our individual emotional styles Osho’s unique insight into the human mind and heart goes far beyond conventional psychology. He teaches us to experience our emotions fully and to deal with them creatively in order to achieve a richer, fuller life.

wellness quotes for the workplace: Wellbeing: The Five Essential Elements Tom Rath, James K. Harter, 2010-05-04 Shows the interconnections among the elements of well-being, how they cannot be considered independently, and provides readers with a research-based approach to improving all aspects of their lives.

wellness quotes for the workplace: The Wellness Sense: A Practical Guide to your Physical and Emotional Health Based on Ayurvedic and Yogic Wisdom Om Swami, 2015-08-10 Why do certain foods harm some people and help others? How come the results of a weight loss programme varies from individual to individual? And why do some people fall sick more often than others? The science of Ayurveda holds answers to these questions and many more. Its scriptures took a holistic approach to health by combining our lifestyle with our natural tendencies (which vary from one person to another). This groundbreaking new work from Om Swami combines the yogic view of food as sattvic, rajasic and tamasic with Ayurvedic perspective, and further relates it to the modern view of foods as acidic and alkaline. This is also the first time that Ayurvedic prakriti (vata, pitta and kapha) has been discussed in the context of yogic prakriti (sattvic, rajasic and tamasic) in a truly cohesive fashion. The Wellness Sense extracts the essence of Ayurveda, yoga and tantra to combine it with modern medicine in this simple, step-by-step handbook on how to take better care of yourself. Accessibly written, deeply researched and distilled from Om Swami's own lived experience, The Wellness Sense puts your health and happiness in your hands.

wellness quotes for the workplace: Managing Psychosocial Hazards and Work-Related Stress in Today’s Work Environment Ellen Pinkos Cobb, 2022-08-08 Today’s evolving world of work makes it imperative for employers to manage psychosocial hazards (PSH) and risks leading to work-related stress. This book contains essential, general, and country-specific information and templates for the successful management of hazards to prevent psychological harm in the workplace. Acknowledged as global issues affecting all workers and industries, PSH are work factors that have the potential to lead to physical or psychological injury and stress, relating to how work is designed, organized, and managed, and to work relationships and interactions. This book advances the idea that management of PSH, and psychological health and safety, is part of the duty of care of today’s responsible and ethical employers to employees, and that U.S. employers should recognize this responsibility. Clear and easy to follow, this guide presents comprehensive information on addressing PSH, discussing measures taken internationally (laws, guidance, and resources from Europe, Canada, Mexico, Australia, and Japan), and a new global standard on psychological health and safety at work. (Note: At times within this book, and Part II in particular, punctuation may be added to quoted provisions for ease of reading and for consistency.) Practitioners and students in the fields of management, occupational health and safety, human resource management, ethics and compliance, occupational health psychology, and organizational psychology will come away with a deeper understanding of the importance of PSH and their management.

wellness quotes for the workplace: *Why We Sleep* Matthew Walker, 2017-10-03 Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming--Amazon.com.

wellness quotes for the workplace: *Promoting Health and Well-being in the Workplace* Margaret Hodgins, Paul Fleming, John Griffiths, 2017-09-16 The workplace is where almost two thirds of adults spend almost two thirds of their waking time. Though traditional, statutorily-driven approaches to risk management have been demonstrably effective in reducing the number of injuries and sickness in recent years, psychological and physical health issues are still rife in the modern-day workforce. Work-related sickness and injury absence, and the economic cost implications of such, are having a detrimental effect not just on employees and employers, but on the wider community. Written by a team of experts from across academia and practice settings, this engaging new book argues that employer organizations must work collaboratively with employees in order to create working environments that promote health for all. With a sharp focus on applying theory to practice, the book uses real-life examples from areas across the globe to encourage readers to think contextually. Key topics covered include: - Work-life balance, including issues of workload and the 'long hours culture' - The impact of work-related musculoskeletal disorders - The nature, scale and causes of work-related stress - The significance of corporate social responsibility in employee wellness. Aligned with global frameworks, this comprehensive text provides both students and qualified professionals with a solid foundation for practice, and a rich source of material for discussion.

wellness quotes for the workplace: *The Great Big Fitness Quote Book* Cameron M. Clark, 2015-01-17 To All Personal Trainers, Training Clients, Crossfitters and more! Here's the perfect gift for a client or yourself! Finally, a book with a motivational fitness quote for every day of the year!!! Getting fit is all about reaching for, achieving, and sustaining a commitment to take care of yourself for the rest of your life. - Dara Torres (Olympic Gold Medalist) Rather than finding reasons why something cannot be done, though you know it needs to be done, get on with doing it. See problems as challenges. - Stuart McRobert (Fitness Writer) I know a lot of people say: 'If I had the money then I'd be able to achieve health, fitness, peace of mind and joy.' I can't say it enough times: your health account and your bank account are synonymous. - Jack LaLanne (Fitness Guru) For most of us, getting in shape is not easy. It involves a certain level of planning, discipline and most importantly motivation! Enter 'The Great Big Fitness Quote Book' compiled by Cameron M. Clark. A book of over 365 inspirational quotes that actually apply to health, fitness, nutrition and well-being. Think about it that's a new motivational quote for EVERY DAY OF THE YEAR! Finally, a book that collects the inspirational words of many of the best and most successful coaches, trainers, athletes, martial artists and other accomplished individuals into one handy volume you can access at any time! Make NO mistake! This is not your 'run-of-the-mill' book of 'inspirational' quotes taken from a few different Internet websites and then collected into one volume. There are a ton of those for sale already. Instead, this is a combination of many previously-Internet-published quotes and some that have never been published online. In fact, when Clark was looking for a resource like 'The Great Big Fitness Quote Book, ' he found one book with 'motivational quotes' on fitness that included a quote from one of the most notorious totalitarian dictators of the 20th Century. This led Clark to realize two things: that these quote books were not well-researched and that there would be a need for a book that actually compiled quotes that were applicable to health, wellness and fitness. With over 365 inspirational quotes, this is a collection that makes it easy for you to use a different quote each day to get yourself into the kind of physical shape you have always wanted to attain. This book takes on all areas of Health and Fitness such as Aging, Exercise, Fat Loss, Goal Setting, Nutrition, Overcoming Obstacles and Stress among so many others with motivational words from Olympic athletes like Dara Torres, Picabo Street and Jesse Owens. You'll also find words of wisdom from popular fitness trainers like Bob Harper, Kim Lyons, Chris Powell and Jillian Michaels. Other fitness

gurus quoted include Arnold Schwarzenegger, Jack LaLanne and Stuart McRobert. There are also quotes from martial artists like the legendary Bruce Lee, Georges St. Pierre and the first female UFC Champion, Ronda Rousey. Organized into nearly 50 different categories, these individually-numbered quotations are effective to read within context and easy for you to return to read again and again whenever the need for inspiration arises. Also included as a special bonus at the end of this book, there is a brief biographical information on each man and woman quoted, such as their occupation, their achievements along with the titles of some of the published works they may have written. Clark felt this information is useful in helping the reader to seek out the source of this wisdom and more importantly know they won't be reposting or quoting tyrannical dictators who oppressed their own people. The Great Big Fitness Quote Book is a 'must' for any practitioner of exercise and sports be they an amateur powerlifter, a busy mom looking for a quick workout or the aspiring athlete who just wants to take it to the next level.

wellness quotes for the workplace: Kintsugi Wellness Candice Kumai, 2018-04-17 The classically trained chef and wellness author shares favorite Japanese rituals & recipes in a common-sense guide to finding balance, joy & good health. Where we come from is who we are. And Candice Kumai's Japanese heritage has informed her journey back to health at every turn. Now, in Kintsugi Wellness, Candice shares what she's learned and guides us through her favorite Japanese traditions and practices for cultivating inner strength and living a gracious life. Interwoven with dozens of recipes for healthy, Japanese-inspired cuisine, Kintsugi Wellness provides the tools we all need to reclaim the art of living well. "Candice has created a guide to an ancient, common-sense and approachable way of living. In a crowded wellness space, Kintsugi Wellness truly stands out." —Sophia Amoruso, Founder and CEO, Girlboss "All aspects of our well-being are connected. And with Kintsugi Wellness, Candice Kumai uses her own journey to show how Japanese traditions can enhance not just our bodies, but our minds, our hearts and our spirits. Candice Kumai is a true new role model, showing how ancient practices can help us thrive in the modern world." —Arianna Huffington, Founder of Thrive Global and CEO and Co-founder, Huffington Post

wellness quotes for the workplace: Next-Generation Wellness at Work Stephenie Overman, 2009-09-15 Fact: Wellness programs benefit the bottom line. Motorola, for example, found that each dollar invested in wellness benefits returned \$3.93 in health and disability cost savings. Next-Generation Wellness at Work tells how to get in on the action. A nuts-and-bolts, how-to guide for managers, it delivers the latest thinking on how to take full advantage of the benefits that wellness programs can offer both employees and companies. And the effort couldn't be more important. With the soaring cost of medical care and the increase in obesity and lifestyle-related illnesses, there is growing recognition that companies must build a culture of health and enable employees to become better guardians of their own well being. This book illustrates, in detail, exactly how to accomplish those goals. Good health saves in ways that go beyond smaller insurance premiums. It also has a direct relationship with employee productivity, making wellness a matter of high-level strategy. However, many workplace wellness programs are not as effective as they could be. They are not comprehensive, not long-term, and not marketed to the people who could benefit most. Wellness expert Stephenie Overman helps managers take practical steps to overcome these deficiencies and build successful workplace wellness programs that result in tangible, bottom-line benefits for organizations. And the book starts from the ground up, first by explaining how to take a company's temperature, get management buy-in, and design a program that fits a company's unique needs and situation. Building a program is one thing, but will they come? That's where Overman's expertise is essential: She shows how to motivate workers to take advantage of the program and reap its many benefits. And she explains how to partner with local health providers and integrate methods to promote psychological well being, two key ingredients for success. Not many corporate programs benefit both employees and the company equally, but a well-planned wellness initiative will boost the health and productivity of employees, leading to a happier—and more competitive—workplace.

wellness quotes for the workplace: The Palgrave Handbook of Fulfillment, Wellness,

and Personal Growth at Work Joan Marques, 2023-10-02 This handbook discusses the role of sustainability, well-being and growth in engagement and purpose at work. When employees are dissatisfied with their job, they tend to be disengaged and less productive. Given the correlation between job satisfaction and job performance, organizations are looking for ways to increase employee engagement and productivity. Divided into three sections, this work opens with an examination of the concept of work, then discusses fulfillment of workforce members at mental, emotional, and spiritual levels. The next section on wellness explores drivers that advance interhuman approaches and trends, including meaning, leadership, happiness, resilience, and motivation. The last section focuses on personal and professional growth through the cultivation of an entrepreneurial mindset, but also justice, equity, and interactive flourishing through the promotion of positive trends or the conscious reduction of toxic ones. With contributions from a global cluster of scholars, this book offers readers broad perspectives on the potential nature of work as a gratifying vocation. It will serve as a horizon-expanding reference for those researching topics related to meaningful work and workplace fulfillment and thriving.

wellness quotes for the workplace: Handbook of Workplace Spirituality and Organizational Performance Giacalone, 2015-05-18 An explanation of how and why the economic downturn of 2007 became the Great Recession of 2008 and 2009. It explores the root causes of the cycle of boom and bust of the economy. It describes social equity in terms of its arguments and claims in political, economic, and social circumstances.

wellness quotes for the workplace: *It's Not OK to Feel Blue (and other lies)* Scarlett Curtis, 2019-10-03 'This is the freshest, most honest collection of writings about mental health that I've read...searing wit, blinding passion, bleeding emotion and a fantastic, heroic, glorious refusal to lie down and take it' - Stephen Fry 'Reading this book made me feel more normal about the things I feel sometimes...It's a great book; however you're feeling, it'll help' - Ed Sheeran 'This is the book I needed when I was little. May this be a leap forward in the much needed conversation around mental health' - Jameela Jamil Everyone has a mental health. So we asked: What does yours mean to you? THE RESULT IS EXTRAORDINARY. Over 60 people have shared their stories. Powerful, funny, moving, this book is here to tell you: It's OK. With writing from: Adam Kay - Alastair Campbell - Alexis Caught - Ben Platt - Bryony Gordon - Candice Carty-Williams - Charlie Mackesy - Charly Cox - Chidera Eggerue - Claire Stancliffe - Davina McCall - Dawn O'Porter - Elizabeth Day - Elizabeth Uviebinené - Ella Purnell - Emilia Clarke - Emma Thompson - Eve Delaney - Fearne Cotton - Gabby Edlin - Gemma Styles - GIRLI (Milly Toomey) - Grace Beverley - Hannah Witton - Honey Ross - Hussain Manawer - Jack Rooke - James Blake - Jamie Flook - Jamie Windust - Jessie Cave - Jo Irwin - Jonah Freud - Jonny Benjamin - Jordan Stephens - Kai-Isaiah Jamal - Kate Weinberg - Kelechi Okafor - Khalil Aldabbas - KUCHENGA - Lauren Mahon - Lena Dunham - Maggie Matic - Martha Lane Fox - Mathew Kollamkulam - Matt Haig - Megan Crabbe - Michael Kitching - Michelle Elman - Miranda Hart - Mitch Price - Mona Chalabi - Montana Brown - Nadia Craddock - Naomi Campbell - Poorna Bell - Poppy Jamie - Reggie Yates - Ripley Parker - Robert Kazandjian - Rosa Mercuriadis - Saba Asif - Sam Smith - Scarlett Curtis - Scarlett Moffatt - Scottee - Sharon Chalkin Feldstein - Shonagh Marie - Simon Amstell - Steve Ali - Tanya Byron - Travon Free - Yomi Adegoke - Yusuf Al Majarhi

wellness quotes for the workplace: Workplace Wellness: From Resiliency to Suicide Prevention and Grief Management Judy E. Davidson, Marcus Richardson, 2023-05-05 This book uniquely provides actionable strategies along the wellness continuum in multiple dimensions: personal, institutional and professional; while applicable across disciplines: nursing and allied health, advanced practice providers and physicians. Further, the content is presented in a manner that can be taught to those entering the workforce, or serve as a primer for Wellness Officers. Most mental health texts focus on the needs of patients and ignore the mental health needs of clinicians. This book fills that gap embracing wellness initiatives as a matter of mental health. Wellness strategies for Inclusion Diversity and Equity are presented. The often ignored subject of suicide is approached head-on with evidence-based strategies for prevention. At the far end of the continuum of wellness, grief management after losing a colleague to death and/or suicide will be addressed.

Each chapter includes learning objectives, a brief presentation of the science, application of principles into wellness practice, opportunities for future research and discussion questions. Artwork created by healthcare workers are included to augment transfer of knowledge through art as a way of knowing. Videos are offered to demonstrate through simulation lessons taught through the book.

wellness quotes for the workplace: *WORK WELLBEING* Mark McCrindle, 2020-08-19 This book takes the Immortals concept made famous in cricket and applies it to motorsport, choosing the best of the best from Bathurst and the Australian Touring Car Championship (now the Supercars Championship) and other local series. It delves into the careers and characteristics of icons Peter Brock, Allan Moffat and Dick Johnson along with modern-era champions such as Mark Skaife, Craig Lowndes and Jamie Whincup: heroes who are not just high achievers but influential identities who set anew benchmark and changed local racing forever through skill, determination and sheer will. It tells the remarkable stories behind each Immortal's rise, from the fabled tale of rock star Johnson to the little-known facts surrounding Lowndes' Bathurst arrival in 1994 that, a few hours earlier, teetered on the brink of disaster. *The Immortals of Australian Motor Racing: the Local Heroes* is the third instalment in Gelding Street Press's *Immortals of Australian Sport* series. In it, motorsport writer Luke West gives readers insights into his 10 chosen immortals and their influence on the national scene.

wellness quotes for the workplace: *Ikigai* Héctor García, Francesc Miralles, 2017-08-29 INTERNATIONAL BESTSELLER • 2 MILLION+ COPIES SOLD WORLDWIDE “Workers looking for more fulfilling positions should start by identifying their ikigai.” —Business Insider “One of the unintended—yet positive—consequences of the [pandemic] is that it is forcing people to reevaluate their jobs, careers, and lives. Use this time wisely, find your personal ikigai, and live your best life.” —Forbes Find your ikigai (pronounced ee-key-guy) to live longer and bring more meaning and joy to all your days. “Only staying active will make you want to live a hundred years.” —Japanese proverb According to the Japanese, everyone has an ikigai—a reason for living. And according to the residents of the Japanese village with the world's longest-living people, finding it is the key to a happier and longer life. Having a strong sense of ikigai—where what you love, what you're good at, what you can get paid for, and what the world needs all overlap—means that each day is infused with meaning. It's the reason we get up in the morning. It's also the reason many Japanese never really retire (in fact there's no word in Japanese that means retire in the sense it does in English): They remain active and work at what they enjoy, because they've found a real purpose in life—the happiness of always being busy. In researching this book, the authors interviewed the residents of the Japanese village with the highest percentage of 100-year-olds—one of the world's Blue Zones. Ikigai reveals the secrets to their longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and—their best-kept secret—how they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai. Because who doesn't want to find happiness in every day?

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Higher Daily is a manifesto unlike any other for stepping into our power.

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