

wellness quotes for work

Wellness Quotes for Work: Boosting Morale and Productivity

Feeling burnt out? Stressed at work? You're not alone. Millions of professionals struggle with workplace stress, impacting their productivity, health, and overall well-being. But what if there was a simple, yet powerful way to inject a dose of positivity and motivation into your workday? This post offers a curated collection of wellness quotes for work, designed to inspire, uplift, and remind you of the importance of self-care amidst the daily grind. We'll explore how these quotes can improve your mindset, boost teamwork, and ultimately contribute to a more fulfilling and productive work experience. Get ready to infuse your workspace with positivity!

The Power of Positive Affirmations in the Workplace

Before we dive into the quotes themselves, let's understand why positive affirmations, especially in the form of wellness quotes, are so effective in the workplace. Our minds are incredibly powerful tools; what we feed them shapes our reality. Negative thoughts and constant stress can lead to burnout, decreased productivity, and even health problems. Conversely, positive affirmations can:

Shift your perspective: A well-chosen quote can help you reframe challenges and see opportunities where you previously saw obstacles.

Boost morale: Sharing inspiring quotes with colleagues can create a more positive and supportive work environment.

Increase motivation: Reading a motivational quote can provide the extra push you need to tackle a difficult task or project.

Promote self-care: Many wellness quotes emphasize the importance of self-care, reminding you to prioritize your well-being.

Reduce stress: Positive affirmations can help calm your mind and reduce feelings of anxiety and overwhelm.

Inspirational Wellness Quotes for Work: A Curated Collection

Here's a collection of wellness quotes for work, categorized for easier browsing and application:

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 even the most challenging situations hold the potential for growth and transformation.

"The difference between ordinary and extraordinary is that little extra." - Jimmy Johnson: This quote highlights the power of consistent effort and dedication in achieving success.

"What lies behind you and what lies in front of you, pales in comparison to what lies inside of you." - Ralph Waldo Emerson: This quote emphasizes the importance of inner strength and resilience.

On Mindfulness and Present Moment Awareness:

"Be where you are; otherwise you will miss your life." - Buddha: This quote encourages us to appreciate the present moment rather than dwelling on the past or worrying about the future.

"The key is not to prioritize what's on your schedule, but to schedule your priorities." - Stephen Covey: This emphasizes the importance of mindful planning and prioritizing tasks that truly matter.

"Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure." - Oprah Winfrey: This quote is a powerful reminder to find peace and presence in the present moment.

On Teamwork and Collaboration:

"Alone we can do so little; together we can do so much." - Helen Keller: This quote emphasizes the power of collaboration and teamwork in achieving shared goals.

"Coming together is a beginning. Keeping together is progress. Working together is success." - Henry Ford: This quote highlights the importance of consistent effort and collaboration in achieving success.

"Talent wins games, but teamwork and intelligence win championships." - Michael Jordan: This quote underscores the crucial role of teamwork in achieving significant accomplishments.

On Self-Care and Well-being:

"Take care of your body. It's the only place you have to live." - Jim Rohn: This is a powerful reminder to prioritize your physical and mental health.

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time." - John Lubbock: This quote advocates for the importance of rest and relaxation for mental and physical wellbeing.

"Self-care is how you take your power back." - Lalah Delia: This quote emphasizes the importance of self-care as a form of empowerment.

Integrating Wellness Quotes into Your Workday

The best way to utilize these wellness quotes for work is to actively incorporate them into your daily routine. Here are a few suggestions:

Create a daily affirmation board: Write or print out your favorite quotes and place them where you'll see

them regularly.

Share quotes with colleagues: Spread the positivity by sharing inspiring quotes with your coworkers.

Use quotes as email signatures: Incorporate a short, uplifting quote into your email signature.

Use quotes as screensavers or desktop backgrounds: This constant visual reminder can have a positive impact on your mood.

Start or end team meetings with a quote: This can set a positive tone for the meeting and enhance team cohesion.

Conclusion

Incorporating wellness quotes for work is a simple, yet effective way to cultivate a more positive, productive, and fulfilling work environment. By consciously choosing to focus on positive affirmations, you can transform your mindset, boost your morale, and improve your overall well-being. Remember, small changes can have a significant impact, and prioritizing your wellness is an investment in your success. So, choose a few quotes that resonate with you, and start incorporating them into your workday today!

FAQs

Q1: Can wellness quotes really improve productivity?

A1: Yes, studies show that positive affirmations and a positive mindset can significantly boost productivity by reducing stress, increasing motivation, and improving focus.

Q2: Are these quotes suitable for all work environments?

A2: While most of these quotes are universally applicable, it's important to consider your workplace culture and choose quotes that are appropriate and resonate with your colleagues.

Q3: How often should I read or use these quotes?

A3: There's no magic number. Consistency is key. Even reading one quote daily can make a difference. Experiment to find what works best for you.

Q4: Can I create my own wellness quotes for work?

A4: Absolutely! The most powerful quotes are often those that are personally meaningful. Write your own affirmations or adapt existing ones to reflect your specific needs and goals.

Q5: What if I don't feel inspired by these quotes?

A5: It's perfectly okay if these specific quotes don't resonate with you. Explore other sources of inspiration

– find quotes from people you admire, read inspirational books, or listen to uplifting podcasts. The key is to find what works for you and brings positivity into your workday.

wellness quotes for work: 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 work: 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 work: 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 work: Workplace Wellness that Works Laura Putnam, 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 work: 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 work: Building a Wellness Business That Lasts Rick Stollmeyer, 2020-10-20 Start and grow a durable business in the rapidly growing wellness industry! As we emerge from COVID-19 the world sits on the cusp of a massive wave of wellness industry growth. This Fourth Wave of Wellness will bring hundreds of millions more people into healthier, happier lifestyles, creating millions of jobs and producing massive entrepreneurial opportunities. Whether your goal is to work from home, open a neighborhood wellness studio or launch the next global wellness brand, *Building a Wellness Business That Lasts* is your definitive guide. Wellness has become one of the largest and most important business opportunities of our age, fueled by massive societal trends, rapid technology innovations, and hundreds of thousands of wellness business entrepreneurs. Independent teachers, trainers, and therapists and studio, gym, spa, and salon owners across the globe are transforming shopping malls and downtown districts with wellness experiences that help hundreds of millions of people live healthier, happier lives. Author Rick Stollmeyer is the co-founder and CEO of Mindbody, Inc., the leading technology platform for the wellness industry. Over more than two decades, Rick built Mindbody from a garage startup into a multi-billion-dollar technology platform for the wellness industry, helping thousands of wellness

business owners achieve their visions in the process. This experience has given Rick a front row seat to the explosive growth of the wellness industry. He brings that unique experience and his passion for entrepreneurship to *Building a Wellness Business That Lasts*. This book will inspire and inform you at the same time and will serve as a powerful guide you can refer to on your path to success.

wellness quotes for work: *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, *Girldboss* "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 work: *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 work: *Wellness Recovery Action Plan (WRAP)* Mary Ellen Copeland, 2003

wellness quotes for work: *Social Media Wellness* Ana Homayoun, 2017-07-27 Solutions for navigating an ever-changing social media world Today's students face a challenging paradox: the digital tools they need to complete their work are often the source of their biggest distractions. Students can quickly become overwhelmed trying to manage the daily confluence of online interactions with schoolwork, extracurricular activities, and family life. Written by noted author and educator Ana Homayoun, *Social Media Wellness* is the first book to successfully decode the new language of social media for parents and educators and provide pragmatic solutions to help students: Manage distractions Focus and prioritize Improve time-management Become more organized and boost productivity Decrease stress and build empathy With fresh insights and a solutions-oriented perspective, this crucial guide will help parents, educators and students work together to promote healthy socialization, effective self-regulation, and overall safety and wellness. *Tips From Teens On Promoting Social Media Wellness* Ana Homayoun has written the very book I've yearned for, a must-read for teachers and parents. I have been recommending Ana's work for years, but *Social Media Wellness* is her best yet; a thorough, well-researched and eloquent resource for parents and teachers seeking guidance about how to help children navigate the treacherous, ever-changing waters of social media and the digital world. —Jessica Lahey, Author of *The Gift of Failure* This is the book I've been waiting for. Ana Homayoun gives concrete strategies for parents to talk with their teens without using judgment and fear as tools. This is a guidebook you can pick up at anytime, and which your teen can read, too. I'll be recommending it to everyone I know. —Rachel Simmons, Author of *The Curse of the Good Girl* Read About Ana Homayoun in the news: *NYTimes*, *The Secret Social Media Lives of Teenagers* *NYTimes*, *How to Help Kids Disrupt 'Bro Culture'* *Pacific Standard*, *Holier Than Thou IPO: Snapchat and Effective Parenting* *Parenttoolkit.com*, *Emojis, Streaks, Stories, and Scores: What Parents Need to Know About Snapchat* *Los Angeles Review of Books*, *Life and Death 2.0: When Your Grandmother Dies Online* *Chicago Tribune*, *Social Media Footprints are Nothing New, So What Were those Harvard Students Thinking?* *Today Show*, *9 Tips to Help Teens Manage Their Social Media Footprint* *5 Ways Parents Can Help Kids Balance Social Media with the Real World*

wellness quotes for work: Project 333 Courtney Carver, 2020-03-03 Wear just 33 items for 3 months and get back all the JOY you were missing while you were worrying what to wear. In Project 333, minimalist expert and author of *Soulful Simplicity* Courtney Carver takes a new approach to living simply--starting with your wardrobe. Project 333 promises that not only can you survive with just 33 items in your closet for 3 months, but you'll thrive just like the thousands of woman who have taken on the challenge and never looked back. Let the de-cluttering begin! Ever ask yourself how many of the items in your closet you actually wear? In search of a way to pare down on her expensive shopping habit, consistent lack of satisfaction with her purchases, and ever-growing closet, Carver created Project 333. In this book, she guides readers through their closets item-by-item, sifting through all the emotional baggage associated with those oh-so strappy high-heel sandals that cost a fortune but destroy your feet every time you walk more than a few steps to that extensive collection of never-worn little black dresses, to locate the items that actually look and feel like you. As Carver reveals in this book, once we finally release ourselves from the cyclical nature of consumerism and focus less on our shoes and more on our self-care, we not only look great we feel great-- and we can see a clear path to make other important changes in our lives that reach far beyond our closets. With tips, solutions, and a closet-full of inspiration, this life-changing minimalist manual shows readers that we are so much more than what we wear, and that who we are and what we have is so much more than enough.

wellness quotes for work: Resilience Eric Greitens, 2015 A masterpiece of warrior wisdom: how to be resilient, how to overcome obstacles not by positive thinking or self-esteem, but by positive action. The bestselling author, Navy SEAL, and humanitarian Eric Greitens offers a self-help book unlike any other.

wellness quotes for work: 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?

wellness quotes for work: *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 work: *The Unapologetic Guide to Black Mental Health* Rheeda Walker, 2020-05-01 An unapologetic exploration of the Black mental health crisis—and a comprehensive road map to getting the care you deserve in an unequal system. We can't deny it any longer: there is a Black mental health crisis in our world today. Black people die at disproportionately high rates due to chronic illness, suffer from poverty, under-education, and the effects of racism. This book is an exploration of Black mental health in today's world, the forces that have undermined mental health progress for African Americans, and what needs to happen for African Americans to heal psychological distress, find community, and undo years of stigma and marginalization in order to access effective mental health care. In *The Unapologetic Guide to Black Mental Health*, psychologist and African American mental health expert Rheeda Walker offers important information on the mental health crisis in the Black community, how to combat stigma, spot potential mental illness, how to practice emotional wellness, and how to get the best care possible in system steeped in racial bias. This breakthrough book will help you: Recognize mental and emotional health problems Understand the myriad ways in which these problems impact overall health and quality of life and relationships Develop psychological tools to neutralize ongoing stressors and live more fully Navigate a mental health care system that is unequal It's past time to take Black mental health seriously. Whether you suffer yourself, have a loved one who needs help, or are a mental health professional working with the Black community, this book is an essential and much-needed resource.

wellness quotes for work: *Eff This! Meditation* Ms. Liza Kindred, 2019-10-22 Are you stressed out, anxious, or overwhelmed? Get out of the storm swirling in your head—and into the peaceful place inside you. *Eff This! Meditation* will help you let that crap go...with 108 hands-on practices rooted in humor, love, straight talk, and a deep respect for the foundational teachings of Buddhism. If you're ready to throw your hands in the air and yell "Eff This!" you are not alone—and this book can help. You already know that you should meditate, and that meditation will make you happier and healthier. But you're tired and irritated, and every time you try to meditate, your mind races and you can't stop thinking about that jerk at work. If this describes you, then this might be just what you need. This is not a joke, this is real meditation—and really effective practices—for everyday life. This book is a reference for you to come back to again and again. Integrate these tips into your daily life, or pull it off the shelf when you need a boost. Learn to celebrate the small victories in life with a "to do" list. Release yourself from phone addiction with a digital detox plan. Get your body out of stress mode by practicing diaphragmatic breathing. Be transported, and open your heart with a pick-me-up playlist. These are just a few of the simple, practical strategies that will help you find your center. *Eff This! Meditation* is a Shamatha (mindfulness-awareness) practice rooted in radical compassion for self, and presented in 108 tips, tricks, and ideas. They are all centered on the idea that, as humans, we might not be "finished," but we are complete. Everything you need to attain enlightenment is already contained within you, and you can use meditation—and these practices—to connect with it. The book offers 108 exercises, organized by the amount of time you have to help you respond to your current effing context. There are a number of ways you can dive into the book: Read it all the way through Flip through and mark what seems interesting Try all of the techniques, one by one Grab the book in a panic and thumb through until something sticks out Open the book to a random page and do that thing However the eff you want; it's your book now

wellness quotes for work: *Change Your Brain, Change Your Body* Daniel G. Amen, M.D.,

2010-02-16 THE KEY TO A BETTER BODY—in shape, energized, and youthful—is a healthy brain. With fifteen practical, easy-to-implement solutions involving nutritious foods, natural supplements and vitamins, positive-thinking habits, and, when necessary, highly targeted medications, Dr. Amen shows you how to: * Reach and maintain your ideal weight * Soothe and smooth your skin at any age * Reduce the stress that can impair your immune system * Sharpen your memory * Increase willpower and eliminate the cravings that keep you from achieving your exercise and diet goals * Enhance sexual desire and performance * Lower your blood pressure without medication * Avoid depression and elevate the enjoyment you take in life's pleasures. Based on the latest medical research, as well as on Dr. Amen's two decades of clinical practice at the renowned Amen Clinics, where Dr. Amen and his associates pioneered the use of the most advanced brain imaging technology, *Change Your Brain, Change Your Body* shows you how to take the very best care of your brain. Whether you're just coming to realize that it's time to get your body into shape, or are already fit and want to take it to the next level, *Change Your Brain, Change Your Body* is all you need to start putting the power of the brain-body connection to work for you today.

wellness quotes for work: 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 work: *Vibrate Higher Daily* Lalah Delia, 2019-12-10 Tap into your inner power with this mind-opening guide to vibrational-based living from Instagram star and self-help pioneer behind the internet community Vibrate Higher Daily. "There is another way of being in the world. There is a better way to exist, rise, move beyond, and take our power back." Too often we feel pulled down by circumstances or the negativity of others. We think we have no control over the things that are hurting us and holding us back from realizing our truest selves. But according to Lalah Delia, we have more power within us than we know: listen to your unique inner voice and trust your instincts. By doing so, you're already experiencing the transformative power of vibrational-based living. Vibrating higher daily is about making intentional day-to-day choices that lift us out of mindsets, habits, and lifestyles that don't serve us and into ones that do. This book is an invitation to engage with everything that feeds our soul and raises our vibration, and to simultaneously let go of the things bringing our energy down. Through poetry, mantras, and affirmations, Lalah Delia empowers us to live with higher potential and quality of being. *Vibrate Higher Daily* is a manifesto unlike any other for stepping into our power.

wellness quotes for work: *Happiness Is the Way* Dr. Wayne W. Dyer, 2019-08-27 The first book of spiritual teachings in several years from international best-selling author and beloved spiritual teacher Dr. Wayne W. Dyer. This book pulls from audio lectures of Wayne's from the 1990s and 2000s, restructuring them in a cohesive way to offer a fresh take on his teachings. One of Dr. Wayne Dyer's favorite quotes was When you change the way you look at things, the things you look at change. So in this book, which collects some of Wayne's most classic teachings in a new format, you will find a novel solution for most any problem you may be encountering. For, as Wayne was also fond of saying, There is no way to happiness. Happiness is the way.

wellness quotes for work: 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.

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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.

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to guide staff through a reflective, goal-setting process. Observe the importance of self-care for teachers and other educators and how a commitment to daily self-care and well-being leads to a more fulfilling, successful life in and outside of the school setting. Review the four dimensions of educator self-care and wellness--(1) physical, (2) mental, (3) emotional, and (4) social--and 12 corresponding routines. Explore self-care activities for teachers and educators to sustain well-being in the face of workplace overload and potential burnout. Use the My Wellness Action journaling spaces designed to encourage thoughtful reflection to wellness and self-care plans for teachers and educators. Learn how to monitor your self-care progress and design an actionable wellness plan for next steps. View videos that highlight the authors' personal experiences with the four dimensions of educator or teacher well-being. Access the Educator Wellness--Rating, Reflecting, Planning, and Goal-Setting protocol. Contents: About the Authors Introduction Chapter 1: The Physical Wellness Dimension Chapter 2: The Mental Wellness Dimension Chapter 3: The Emotional Wellness Dimension Chapter 4: The Social Wellness Dimension

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wellness quotes for work: From Accidents to Zero Andrew Sharman, 2016-05-20 As leaders increasingly understand the importance of good safety practice to support their business objectives, safety and health practitioners develop better tools and solutions. However, there is still a gulf between these two groups where engagement, communication and shared understanding can be found lacking. *From Accidents to Zero* opens up the field of safety culture and breaks it down into

bite-sized pieces to facilitate new, critical thought and inspire practical action. Based on the concept of creating safety, as opposed to just preventing accidents, each of the 26 chapters in this user-friendly book includes explanation, commentary, reflections and practical activities designed to systematically and sustainably improve workplace safety culture. Core topics range from behaviour to values, daily rituals to unsafe acts, felt leadership to trust. Andrew Sharman's practical guide blends current academic thinking with authoritative guidance and sets up the opportunity for all parts of the organization to close the gap by providing very clear steps to thinking and acting differently. It sparks insight into how both traditional methods and novel approaches can be brought to life in real world situations. From Accidents to Zero offers a clear route to culture change through over one hundred pragmatic ideas to motivate and lead people, influence behaviour and drive a positive evolution in workplace safety.

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