

# wellness tips for employees

## Wellness Tips for Employees: Boosting Productivity and Well-being at Work

Feeling burned out? Dragging yourself to work each day? You're not alone. Many employees struggle to maintain a healthy work-life balance, leading to decreased productivity, increased stress, and even health problems. This comprehensive guide provides actionable wellness tips for employees, designed to help you prioritize your well-being and thrive both in and out of the office. We'll explore practical strategies to improve physical health, mental wellness, and work-life integration, empowering you to become a happier, healthier, and more productive employee. Let's dive in!

### 1. Prioritizing Physical Health: The Foundation of Wellness

Your physical health is the bedrock of your overall well-being. Neglecting it can lead to decreased energy, reduced focus, and increased susceptibility to illness. Here's how to make physical health a priority:

**Move Your Body:** Aim for at least 30 minutes of moderate-intensity exercise most days of the week. This doesn't have to be a grueling gym session; a brisk walk during your lunch break, a cycle to work, or even a quick workout video at home can make a huge difference. Find activities you enjoy to ensure consistency.

**Nourish Your Body:** Focus on a balanced diet rich in fruits, vegetables, whole grains, and lean protein. Limit processed foods, sugary drinks, and excessive caffeine. Pack your lunch to control your portion sizes and ingredients. Even small changes, like swapping sugary sodas for water, can have a significant impact.

**Prioritize Sleep:** Aim for 7-9 hours of quality sleep each night. Establish a consistent sleep schedule, create a relaxing bedtime routine, and make sure your bedroom is dark, quiet, and cool. Poor sleep significantly impacts mood, concentration, and overall health.

**Hydration is Key:** Dehydration can lead to fatigue, headaches, and decreased cognitive function. Keep a water bottle at your desk and sip on it throughout the day.

### 2. Nurturing Your Mental Wellness: Managing Stress and Burnout

Mental health is just as important as physical health. Chronic stress and burnout can have devastating consequences on your well-being and productivity. Here are some strategies to manage your mental health effectively:

**Mindfulness and Meditation:** Practice mindfulness techniques, such as meditation or deep breathing exercises, to reduce stress and improve focus. Even 5-10 minutes a day can make a significant difference. Numerous apps are available to guide you through meditation practices.

**Time Management Techniques:** Employ effective time management strategies like the Pomodoro Technique or Eisenhower Matrix to prioritize tasks, improve efficiency, and reduce feelings of overwhelm.

**Set Boundaries:** Learn to say "no" to additional tasks when you're already overloaded. Establish clear boundaries between work and personal life to prevent burnout.

**Connect with Others:** Maintain strong social connections with friends, family, and colleagues. Engage in activities you enjoy, whether it's joining a sports team, volunteering, or simply spending time with loved ones.

**Seek Professional Help:** Don't hesitate to reach out to a therapist or counselor if you're struggling with stress, anxiety, or depression. Seeking professional help is a sign of strength, not weakness.

### **3. Integrating Work and Life: Finding Your Balance**

Finding a healthy work-life balance is crucial for preventing burnout and maintaining overall well-being. Here are some tips to help you achieve this balance:

**Disconnect After Work:** Set boundaries between work and personal time. Avoid checking emails or working late into the night. Designate specific times for work and stick to them as much as possible.

**Take Breaks:** Regularly take breaks throughout your workday to rest your eyes, stretch, and move around. Short breaks can significantly improve focus and productivity.

**Utilize Vacation Time:** Take advantage of your vacation time to recharge and relax. Disconnect from work completely and focus on activities that bring you joy.

**Plan Your Day:** Plan your day effectively to ensure you have time for both work and personal activities. Prioritize tasks and delegate when possible.

**Hobbies and Interests:** Make time for hobbies and activities you enjoy outside of work. This provides a valuable outlet for stress and promotes a sense of fulfillment.

### **4. Creating a Supportive Work Environment: Company's Role in Wellness**

While individual responsibility is key, a supportive work environment significantly impacts employee well-being. Companies can play a crucial role by:

**Offering Wellness Programs:** Providing access to wellness programs, such as gym memberships, mindfulness workshops, or employee assistance programs (EAPs), demonstrates a commitment to employee well-being.

**Promoting a Healthy Work Culture:** Fostering a culture that values work-life balance, open communication, and mutual respect creates a positive and supportive atmosphere.

**Flexible Work Arrangements:** Offering flexible work arrangements, such as remote work options or flexible hours, can significantly improve employee well-being and productivity.

**Regular Feedback and Recognition:** Providing regular feedback and recognizing employee contributions boosts morale and fosters a sense of appreciation.

## Conclusion

Implementing these wellness tips for employees can significantly improve your physical and mental health, boost productivity, and contribute to a more fulfilling work life. Remember, prioritizing your well-being is not selfish; it's essential for long-term success and happiness, both personally and professionally. Start small, be patient with yourself, and celebrate your progress along the way. Your well-being is an investment worth making.

## FAQs

Q1: How can I deal with workplace stress effectively?

A1: Implement stress-reduction techniques like deep breathing, mindfulness meditation, and regular exercise. Prioritize tasks, set boundaries, and communicate openly with your manager about your workload. Consider seeking professional help if stress becomes overwhelming.

Q2: What are some simple ways to improve my sleep quality?

A2: Establish a regular sleep schedule, create a relaxing bedtime routine (avoid screens before bed), ensure your bedroom is dark, quiet, and cool, and limit caffeine and alcohol intake before sleep.

Q3: How can I incorporate more movement into my workday?

A3: Take short walks during your lunch break, use the stairs instead of the elevator, stand up and stretch regularly, and consider a standing desk. Even small increments of movement throughout the day add up.

Q4: How can I balance work and family responsibilities?

A4: Effective planning and time management are crucial. Communicate your needs to your family and your employer. Consider utilizing flexible work arrangements if available. Prioritize tasks and delegate where possible.

Q5: What resources are available to support employee well-being?

A5: Many companies offer employee assistance programs (EAPs), which provide confidential counseling and support services. Numerous apps and online resources offer guidance on mindfulness, meditation, and stress management. Your company's HR department can often provide information on available resources.

**wellness tips for employees: Corporate Wellness Programs** Ronald J. Burke, Astrid M. Richardsen, 2014-11-28 øCorporate Wellness Programs offers contributions from international experts, examining the planning, implementation and evaluation of wellness initiatives in organizations, and offering guidance on how to introduce these programs in to the workplace.

**wellness tips for employees: 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 tips for employees: Managing Stress in the Workplace** Institute of Leadership & Management, 2010-05-14 Super series are a set of workbooks to accompany the flexible learning programme specifically designed and developed by the Institute of Leadership & Management (ILM) to support their Level 3 Certificate in First Line Management. The learning content is also closely aligned to the Level 3 S/NVQ in Management. The series consists of 35 workbooks. Each book will map on to a course unit (35 books/units).

**wellness tips for employees: 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 is 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 tips for employees: Workplace Wellness** Rose Karlo Gantner Ed.D., 2012-03-01 *Workplace Wellness* is a guide for business leaders, managers, and consultants who want to decrease health care costs even as they improve employee productivity, satisfaction, and health conditions. -- from xi

**wellness tips for employees: Fostering Wellness in the Workplace** Bobbi L. Newman, 2022-01-24 Whether you're an administrator or library leader concerned about the health and well-being of your team, or a library worker excited to launch a health and wellness movement in your library, you'll find sensible guidance and inspiration in Newman's handbook. As part of their dedication to improving the lives of their patrons, libraries have long offered services, programs, and outreach dedicated to the health and wellness of their communities. There is a growing recognition that library workers themselves are in urgent need of such attention; low morale, and complaints of burnout and a toxic work environment, are only a few of the obvious symptoms. The good news is that by turning inward, libraries can foster wellness in their workplace and make a real difference in the day-to-day lives of their staff. Newman, who has led a popular course on the subject attended by workers from many types of different libraries, here takes a holistic approach to examine why and how libraries should focus on improving the health and wellness of employees. Filled with hands-on advice, examples of successful initiatives, and suggested action steps, in this book readers will learn how to define health and wellness, including its physical, psychological, and social aspects, and why they touch upon nearly everything that happens in the workplace; what a workplace looks like when it strives to ensure the complete physical, mental, and social well-being of workers, and the ways in which this approach to a work environment benefits both the library and the community it serves; the role played by the physical aspects of the workplace, such as the ergonomics of sitting and standing desks, the effects of air quality and smell on worker health and productivity, and noise levels stemming from open plan workspaces; about key policies relating to wages, working schedules, where employees work, and child and elder care; real-world advice on addressing complicated workplace issues like emotional and invisible labor, with a look at the part that burdensome or indifferent policies and practices can play in contributing to compassion fatigue and burnout; ways to make healthy choices for oneself and encourage healthy choices in co-workers and staff; concrete, evidence-based steps that libraries can take to improve workplace wellness; how to make a lasting difference by focusing on one aspect they can change personally and one that they can advocate changing library wide.

**wellness tips for employees: 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 tips for employees: The Healthy Workplace** Leigh Stringer, 2016-07-01 Learn how to improve the well-being of your employees that will ultimately boost your company's bottom line. Studies show that unhealthy work habits, like staring at computer screens and rushing through fast-food lunches, are taking a toll in the form of increased absenteeism, lost productivity, and higher insurance costs. But should companies intervene with these individual problems? And if so, how? The Healthy Workplace says yes! Companies that learn how to incorporate healthy habits and practices into the workday for their employees will see such an impressive ROI that they'll kick themselves for not starting these practices sooner. Packed with real-life examples and the latest research, this all-important resource reveals how to: Create a healthier, more energizing environment Reduce stress to enhance concentration Inspire movement at work Support better sleep Heighten productivity without adding hours to the workday Filled with tips for immediate improvement and guidelines for building a long-term plan, The Healthy Workplace proves that a company cannot afford to miss out on the ROI of investing in their employees' well-being.

**wellness tips for employees: Resilience (HBR Emotional Intelligence Series)** Harvard Business Review, Daniel Goleman, Jeffrey A. Sonnenfeld, Shawn Achor, 2017-04-18 How to be resilient in a professional setting. How do some people bounce back with vigor from daily setbacks, professional crises, or even intense personal trauma? This book reveals the key traits of those who emerge stronger from challenges, helps you train your brain to withstand the stresses of daily life, and presents an approach to an effective career reboot. This volume includes the work of: Daniel Goleman Jeffrey A. Sonnenfeld Shawn Achor This collection of articles includes "How Resilience Works," by Diane Coutu; "Resilience for the Rest of Us," by Daniel Goleman; "How to Evaluate, Manage, and Strengthen Your Resilience," by David Kopans; "Find the Coaching in Criticism," by Sheila Heen and Douglas Stone; "Firing Back: How Great Leaders Rebound After Career Disasters," by Jeffrey A. Sonnenfeld and Andrew J. Ward; and "Resilience Is About How You Recharge, Not How You Endure," by Shawn Achor and Michelle Gielan. How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

**wellness tips for employees: Fitness 9 to 5** Shirley Archer, 2013-01-11 The latest trend in fitness for the overworked and underexercised? The office cubicle, of course! Fitness 9 to 5 is the perfect antidote to long hours hunched over a desk and missed dates with the gym. This handy book features 75 quick and easy exercises that can be performed discreetly while sitting at a desk, standing at a file cabinet, and even on the morning commute. Coffee Pot Curls in the kitchenette build up biceps, while Stairwell Bun Blasters are sure to improve the bottom line. And stress-busters for tired eyes and wrists keep computer fatigue at bay. A calorie count is provided for each exercise, so it's easy to see how simple changes can shed pounds. With charming illustrations and step-by-step instructions, Fitness 9 to 5 is the best defense against the office candy jar.

**wellness tips for employees: The Psychologically Healthy Workplace** Matthew J. Grawitch, David W. Ballard, 2016 This book examines the complex interplay between employees and management, to determine how a psychologically healthy workplace is constructed and maintained.

**wellness tips for employees: Workplace Wellness Programs Study** Soeren Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers,

a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

**wellness tips for employees: The Wellness Syndrome** Carl Cederström, Andre Spicer, 2015-02-04 Not exercising as much as you should? Counting your calories in your sleep? Feeling ashamed for not being happier? You may be a victim of the wellness syndrome. In this ground-breaking new book, Carl Cederström and André Spicer argue that the ever-present pressure to maximize our wellness has started to work against us, making us feel worse and provoking us to withdraw into ourselves. The Wellness Syndrome follows health freaks who go to extremes to find the perfect diet, corporate athletes who start the day with a dance party, and the self-trackers who monitor everything, including their own toilet habits. This is a world where feeling good has become indistinguishable from being good. Visions of social change have been reduced to dreams of individual transformation, political debate has been replaced by insipid moralising, and scientific evidence has been traded for new-age delusions. A lively and humorous diagnosis of the cult of wellness, this book is an indispensable guide for everyone suspicious of our relentless quest to be happier and healthier.

**wellness tips for employees: Transforming Workplace Wellness** Cw Margaret Stockley Rn, 2016-02-08 Transforming Workplace Wellness: Practical Strategies to Inspire Sustainable Change provides the latest evidence-based information needed to create and maintain a successful holistic wellness program. As change agents, members of the wellness team are charged with developing creative strategies that inspire, engage, and initiate positive behavior-change. Transforming Workplace Wellness equips teams to be creative in their methodology and combine winning content with engaging events. The result is an immensely readable book that provides innovative content and practical takeaways for today's wellness programs. It offers a practical, mainstream approach that will appeal to a broad range of professionals who can benefit from reading this book, regardless of the size of their organization or industry. In addition to expanding on the methodology and business processes, Transforming Workplace Wellness Programs includes: Evidence-based strategies to motivate and engage employees and assist teams who are developing a new program as well as those who want to incorporate fresh ideas to an existing program Program components, incentives, coaching, work-flow, and data evaluation to improve performance of interventions 101 low-to-no-cost ideas to support and promote a strategy for organizational effectiveness and economic resilience plus an index of resources

**wellness tips for employees: Smart Church Management: A Quality Approach to Church Administration** Patricia S. Lotich, 2020-01-17 Church leaders understand that managing the day-to-day operations of a church can be challenging because of limited resources, managing volunteer labor, and supporting the needs of the congregation. Smart Church Management: A Quality Approach to Church Administration, Third Edition is an updated guide for managing the resources of a church - which is people, time and money. This book provides tools and examples for decision making and problem-solving for church administration that is easy to understand and more importantly, quick to implement! This book also includes discussion questions to provoke thought and discussion for church teams. This book is ideal for ministry students, church boards, church leadership and church administrators.

**wellness tips for employees: How to Be Happy at Work** Annie McKee, 2018-08-21 Life's too short to be unhappy at work I'm working harder than I ever have, and I don't know if it's worth it anymore. If you're a manager or leader, these words have probably run through your mind. So many of us are feeling fed up, burned out, and unhappy at work: the constant pressure and stress, the unending changes, the politics--people feel as though they can't give much more, and performance is suffering. But it's work, after all, right? Should we even expect to be fulfilled and happy at work? Yes, we should, says Annie McKee, coauthor of the bestselling Primal Leadership. In her new transformative book, she makes the most compelling case yet that happiness--and the full engagement that comes with it--is more important than ever in today's workplace, and she sheds new light on the powerful relationship of happiness to individual, team, and organizational success.

Based on extensive research and decades of experience with leaders, this book reveals that people must have three essential elements in order to be happy at work: A sense of purpose and the chance to contribute to something bigger than themselves A vision that is powerful and personal, creating a real sense of hope Resonant, friendly relationships With vivid and moving real-life stories, the book shows how leaders can use these powerful pillars to create and sustain happiness even when they're under pressure. By emphasizing purpose, hope, and friendships they can also ensure a healthy, positive climate for their teams and throughout the organization. How to Be Happy at Work deepens our understanding of what it means to be truly fulfilled and effective at work and provides clear, practical advice and instruction for how to get there--no matter what job you have.

**wellness tips for employees: The Best Place to Work** Ron Friedman, PhD, 2014-12-02 For readers of Malcolm Gladwell, Daniel Pink, and Freakonomics, comes a captivating and surprising journey through the science of workplace excellence. Why do successful companies reward failure? What can casinos teach us about building a happy workplace? How do you design an office that enhances both attention to detail and creativity? In *The Best Place to Work*, award-winning psychologist Ron Friedman, Ph.D. uses the latest research from the fields of motivation, creativity, behavioral economics, neuroscience, and management to reveal what really makes us successful at work. Combining powerful stories with cutting edge findings, Friedman shows leaders at every level how they can use scientifically-proven techniques to promote smarter thinking, greater innovation, and stronger performance. Among the many surprising insights, Friedman explains how learning to think like a hostage negotiator can help you diffuse a workplace argument, why placing a fish bowl near your desk can elevate your thinking, and how incorporating strategic distractions into your schedule can help you reach smarter decisions. Along the way, the book introduces the inventor who created the cubicle, the president who brought down the world's most dangerous criminal, and the teenager who single-handedly transformed professional tennis—vivid stories that offer unexpected revelations on achieving workplace excellence. Brimming with counterintuitive insights and actionable recommendations, *The Best Place to Work* offers employees and executives alike game-changing advice for working smarter and turning any organization—regardless of its size, budgets, or ambitions—into an extraordinary workplace.

**wellness tips for employees: 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 tips for employees: Wellness Recovery Action Plan (WRAP)** Mary Ellen Copeland, 2003

**wellness tips for employees: Thrive** Arianna Huffington, 2014-03-25 In *Thrive*, Arianna Huffington makes an impassioned and compelling case for the need to redefine what it means to be

successful in today's world. Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye--the result of a fall brought on by exhaustion and lack of sleep. As the cofounder and editor-in-chief of the Huffington Post Media Group--one of the fastest growing media companies in the world--celebrated as one of the world's most influential women, and gracing the covers of magazines, she was, by any traditional measure, extraordinarily successful. Yet as she found herself going from brain MRI to CAT scan to echocardiogram, to find out if there was any underlying medical problem beyond exhaustion, she wondered is this really what success feels like? As more and more people are coming to realize, there is far more to living a truly successful life than just earning a bigger salary and capturing a corner office. Our relentless pursuit of the two traditional metrics of success--money and power--has led to an epidemic of burnout and stress-related illnesses, and an erosion in the quality of our relationships, family life, and, ironically, our careers. In being connected to the world 24/7, we're losing our connection to what truly matters. Our current definition of success is, as Thrive shows, literally killing us. We need a new way forward. In a commencement address Arianna gave at Smith College in the spring of 2013, she likened our drive for money and power to two legs of a three-legged stool. They may hold us up temporarily, but sooner or later we're going to topple over. We need a third leg--a third metric for defining success--to truly thrive. That third metric, she writes in Thrive, includes our well-being, our ability to draw on our intuition and inner wisdom, our sense of wonder, and our capacity for compassion and giving. As Arianna points out, our eulogies celebrate our lives very differently from the way society defines success. They don't commemorate our long hours in the office, our promotions, or our sterling PowerPoint presentations as we relentlessly raced to climb up the career ladder. They are not about our resumes--they are about cherished memories, shared adventures, small kindnesses and acts of generosity, lifelong passions, and the things that made us laugh. In this deeply personal book, Arianna talks candidly about her own challenges with managing time and prioritizing the demands of a career and raising two daughters--of juggling business deadlines and family crises, a harried dance that led to her collapse and to her aha moment. Drawing on the latest groundbreaking research and scientific findings in the fields of psychology, sports, sleep, and physiology that show the profound and transformative effects of meditation, mindfulness, unplugging, and giving, Arianna shows us the way to a revolution in our culture, our thinking, our workplace, and our lives.

**wellness tips for employees:** *Corporate Stewardship* Susan Albers Mohrman, James O'Toole, Edward E. Lawler III, 2017-09-29 Stewardship entails a profound understanding and acceptance of the challenges that result from the organization's interdependence with the societal and ecological contexts in which it operates—and of what it takes to embrace the challenges to be a force for building a viable future. This book dares to ask ‘why’ business leaders should embrace stewardship in the current market where profit reigns supreme. A shift in approach represents fundamental change for the corporate world, and even the most advanced corporations consider themselves to be in the starting block of this transition. The book sets out the practical ways in which corporate stewardship can be achieved through embedding new approaches across the different functions of a business. This book, written by the leading thinkers in sustainability research, provides practical guidance on how companies can resolve the paradoxical challenges they face. How can they be at the same time profitable and responsible, effective and ethical, sustainable and adaptable? It explores what businesses are doing, what they can and should do to effectively respond to external challenges, and focuses on how leaders can create cultures, strategies, and designs far beyond “business as usual”. Stewards must not only make proper current use of that which they hold in trust, they also must leave it in better condition for use by future generations. Corporate Stewardship challenges managers, executives, and directors of global corporations to think and act as stewards of both their organizations and the physical and social environments in which they operate.

**wellness tips for employees:** *Resilience at Work* Salvatore R. MADDI, Deborah M. KHOSHABA, 2005-03-04 This useful resource gives you the knowledge, tools, and encouragement you need to embark on your journey to becoming a hardier, more successful person. More than

experience or training, resilience in the face of stressful situations and rapid changes determines whether you ultimately succeed or fail in the workplace. It allows you to thrive even in tumultuous conditions, to turn potential disasters into growth opportunities. The good news for the legions of other workers who become overwhelmed by stress is that resilience in the face of life's problems is not an inborn personality trait, but a set of skills and attitudes that you can learn and develop. Packed with insightful examples, case studies, and self-assessment tools, *Resilience at Work* explains how to: Approach change as a meaningful challenge no matter how stressful the circumstances, and stay committed to your work, rather than detaching and giving up. Gain control by understanding the upside and the downside of change, and take actions to influence beneficial outcomes. Turn stressful changes to your advantage and map out sound problem-solving strategies. Resolve ongoing conflicts and build an environment of assistance and encouragement between you and your coworkers. Decrease feelings of isolation and powerlessness by understanding the 3Cs that give you the ability to thrive amid disruptive changes: commitment, control, and challenge. Reorganization, downsizing, mergers, budget pressures, transfers, job insecurity, and more are producing today's unpredictable, pressure-cooker conditions, and making it harder for less resilient people to achieve the success they deserve. *Resilience at Work* supplies insights and strategies you can use to combat your fear of change and uncover the opportunities that can be found in even the most stressful situations.

**wellness tips for employees: *The Total Money Makeover: Classic Edition*** Dave Ramsey, 2013-09-17 Do you want to build a budget that actually works for you? Are you ready to transform your relationship with money? This New York Times bestseller has already helped millions of people just like you learn how to develop everyday money-saving habits with the help of America's favorite personal finance expert, Dave Ramsey. By now, you've already heard all of the nutty get-rich-quick schemes and the fiscal diet fads that leave you with a lot of quirky ideas but not a penny in your pocket. If you're tired of the lies and sick of the false promises, Dave is here to provide practical, long-term help. *The Total Money Makeover* is the simplest, most straightforward game plan for completely changing your finances. And, best of all, these principles are based on results, not pie-in-the-sky fantasies. This is the financial reset you've been looking for. *The Total Money Makeover: Classic Edition* will give you the tools and the encouragement you need to: Design a sure-fire plan for paying off all debt—from your cars to your home and everything in between using the debt snowball method Break bad habits and make lasting changes when it comes to your relationship with money Recognize the 10 most dangerous money myths Secure a healthy nest egg for emergencies and set yourself up for retirement Become financially healthy for life Live like no one else, so later you can LIVE (and GIVE) like no one else! This edition of *The Total Money Makeover* includes new, expanded Dave Rants that tackle marriage conflict, college debt, and so much more. *The Total Money Makeover: Classic Edition* also includes brand new back-of-the-book resources to help you make *The Total Money Makeover* your new reality.

**wellness tips for employees: *The Compassionate Achiever*** Christopher L. Kukk, 2017-03-07 A powerful, practical guide for cultivating compassion—the scientifically proven foundation for personal achievement and success at work, at home, and in the community. For decades, we've been told the key to prosperity is to look out for number one. But recent science shows that to achieve durable success, we need to be more than just achievers; we need to be compassionate achievers. New research in biology, neuroscience, and economics have found that compassion—recognizing a problem or caring about another's pain and making a commitment to help—not only improves others' lives; it can transform our own. Based on the most recent studies from a wide range of fields, *The Compassionate Achiever* reveals the profound benefits of practicing compassion including more constructive relationships, improved intelligence, and increased resiliency. To help us achieve these benefits, Christopher L. Kukk, the founding Director of the Center for Compassion, Creativity and Innovation, shares his unique 4-step program for cultivating compassion. Kukk makes clear that practicing compassion isn't about being a martyr or a paragon of virtue; it's about rejecting rage and indifference and choosing instead to be a thoughtful, caring problem-solver. He identifies the skills

every compassionate achiever should master—listening, understanding, connecting, and acting—and outlines how to develop each, with clear explanations, easy-to-implement strategies, actionable exercises, and real-world examples. With the The Compassionate Achiever everyone wins—we can each achieve success in our own lives and create more productive workplaces, and healthier, less violent communities.

**wellness tips for employees: Management Lessons from the Mayo Clinic (PB)** Leonard L. Berry, Kent D. Seltman, 2008-05-31 Management Lessons from Mayo Clinic reveals for the first time how this complex service organization fosters a culture that exceeds customer expectations and earns deep loyalty from both customers and employees. Service business authority Leonard Berry and Mayo Clinic marketing administrator Kent Seltman explain how the Clinic implements and maintains its strategy, adheres to its management system, executes its care model, and embraces new knowledge - invaluable lessons for managers and service providers of all industries. Drs. Berry and Seltman had the rare opportunity to study Mayo Clinic's service culture and systems from the inside by conducting personal interviews with leaders, clinicians, staff, and patients, as well as observing hundreds of clinician-patient interactions. The result is a book about how the Clinic's business concept produces stellar clinical results, organizational efficiency, and interpersonal service. By examining the operating principles that guide every management decision at this legendary healthcare institution, the authors Demonstrate how a great service brand evolves from the core values that nourish and protect it Extrapolate instructive business lessons that apply outside healthcare Illustrate the benefits of pooling talent and encouraging teamwork Relate historical events and perspectives to the present-day Mayo Clinic Share inspiring stories from staff and patients An innovative analysis of this exemplary institution, Management Lessons from Mayo Clinic presents a proven prescription for creating sustainable service excellence in any organization.

**wellness tips for employees: 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.

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boundary-less work environment. Research shows that organizations with higher levels of employee engagement routinely out-perform those with lower employee engagement. This handbook provides valuable insights into why employee well-being is such a powerful driver of employee performance and engagement and what organizations can do to enhance workplace well-being and fulfillment. It brings the research on workplace well-being up-to-date while precisely mapping its terrain and extending the scope and boundaries of this field in an inclusive and egalitarian manner.

**wellness tips for employees:** *The School of Hope* Cathleen Beachboard, 2022-04-20 Discover how to improve achievement, happiness, and resilience using the science of hope The current mental health crisis is driving many teachers to leave the profession while students struggle with engagement and anxiety. Trauma-informed coping mechanisms are helpful, but this book goes a step further by incorporating much-needed but often-missing support to help learners feel hopeful and provide educators with resources to care for themselves. Based on research around the psychological science of hope, this guidebook provides strategies educators and school leaders can use daily to help students feel secure, build relationships, and improve academic outcomes. Included are practices and interventions that can be woven into classrooms and schools to foster mental wellness and happiness using Classroom materials, tools, and reproducibles Scientific resources to quickly assess and monitor hope Simple plans of action to improve hope, engagement, and motivation Vignettes from classrooms and the author's own experiences with children who have experienced extreme trauma Backed by the latest research, *The School of Hope* will encourage higher academic attainment and equity, inspiring a sense of deeper fulfillment for both students and educators.

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**wellness tips for employees:** The Stop & Go Fast Food Nutrition Guide Steven G. Aldana, 2007 The Stop & Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you. The guide uses the colors of the stop light (red, yellow, and green) to help individuals choose foods that lead toward or away from good health. The Stop & Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you. With the help of a nationally recognized panel of nutrition experts, Dr. Aldana has color coded almost 3,500 fast foods from 68 different restaurants. Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones. Keep the guide in your glove box for easy access.

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for the business is reflected in the actions of the employees at all levels of the organisation. Even for organisations that know how to attract the right talent, the challenge turns to how to engage them in their work and retain them longer than the competition. Every manager knows ... engaged and committed employees are proud to work for their employer and are dedicated to the organisation and willing to give the extra effort necessary to achieve the goals of the enterprise. 50 Plus One Tips to Attract, Engage and Retain Top Talent provides different approaches to engage your employees. This book will serve as a blueprint for the creation, or re-creation, of your desired place to work by attracting, engaging, and retaining your company's top talent

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