

Mental Wellness in the Workplace

With many full-time employees dedicating at least 1/3 of their day to their jobs, creating healthy work habits and routines can be instrumental in supporting and increasing one's mental wellness. Below are a few helpful hacks for prioritizing a healthy mindset and lifestyle in the workplace.

Create a Comfortable Work Environment

A comfortable and inviting workspace can be essential in easing anxiety and increasing productivity. Consider creating a warm environment by adding additional lighting with a small lamp if needed and choosing 2 or 3 personal items such as a picture of loved ones to personalize your space. If you are a remote or teleworker, ensure that you are implementing healthy working ergonomics by utilizing a designated work area and practicing healthy posture.



Remain Active

Prioritizing physical movement during one's workday can be integral in increasing and supporting mental wellness by improving one's overall health. While it may be tempting to work through lunch on a busy day, consider going for a short walk or practicing stretching movements during breaks for work. In addition, electing to stand intermittently while working can reduce and alleviate pain, lower blood sugar and the risk of heart disease, and improve overall mood.



Get Organized

When poor organization or an unclear vision exist, it is common to experience feelings of burnout or being overwhelmed. To combat this, be sure to maintain a clean and organized workspace. Implementing a work plan with daily goals and reminders, as well as using detailed and coordinated filing habits can be instrumental in promoting organization and increasing one's mental wellness.



Maintain Connections

Feelings of solitude can often manifest when we fail to maintain valuable connections with others. Consider instituting weekly lunch breaks with a colleague or setting aside the first or last moments of your workday to check in with others. Maintaining connections can be instrumental in creating a support system for both yourself, and others who may be experiencing a difficult time.

