

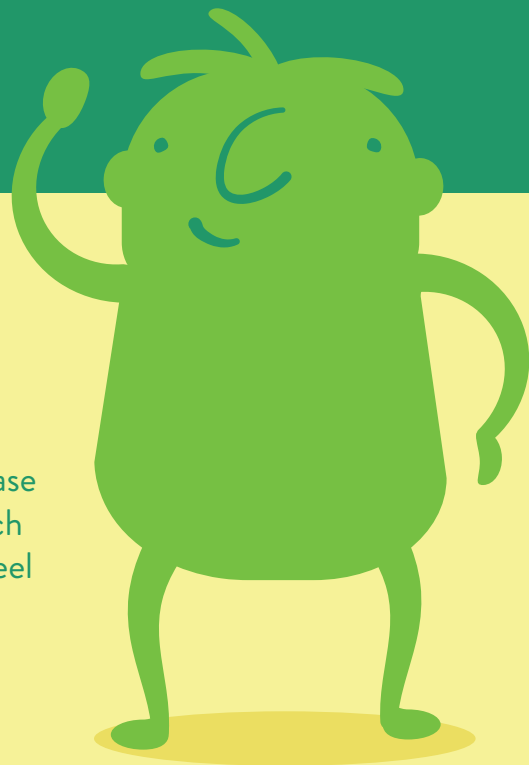
7 TIPS TO A HEALTHIER & HAPPIER YOU AT WORK

BENEFITS INSIGHTS FROM
EMPLOYERS HEALTH®



1 Just Breathe & Smile.

This method will help to decrease your heart rate. Smiling can release endorphins, which help you relax, feel better and lower stress levels.



2 Meditate & Mindfulness.

Mindfulness helps shift your perspective from 'doing' to 'being' and 'reactive' to 'reflective'.



3 Eat Healthy.

Make sure that you eat fruits and vegetables. These foods are high in antioxidants that help break down toxic chemicals and prevent cell damage.



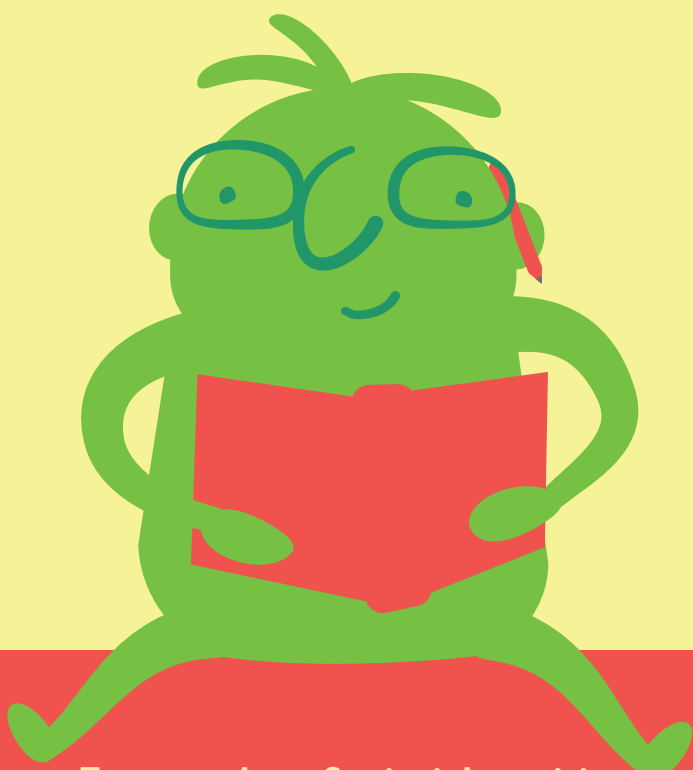
4 Take a Walk & Get Some Sun.

Sunlight sends signals to your brain to produce serotonin. Go outside and take a walk around the office a couple times a day.



5 Find a Creative Outlet.

Journaling helps clarify thoughts and feelings. Writing about issues also helps you to think them through to identify potential solutions and helps calm the intensity of your emotions.



6 Listen to Music.

Listening to music, especially classical, has been shown to lower heart rate, reduce blood pressure and help people relax.

7 Talk to Someone.

It's okay to talk to a co-worker when you feel stressed. Grab a co-worker, take a walk in the sun and tell them how your day is going!



For more benefits insights, visit
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SOURCES

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