

# How to Achieve a Healthy Office Life



## 1. Stay Hydrated

Do pestering headaches accompany you at work from time to time? Do you find yourself craving a strong cup of coffee during that long late afternoon drag? Well, set aside the Advil and caffeine because studies have shown that simply drinking a sufficient amount of water can not only cure headaches but it can prevent them while also increasing energy.



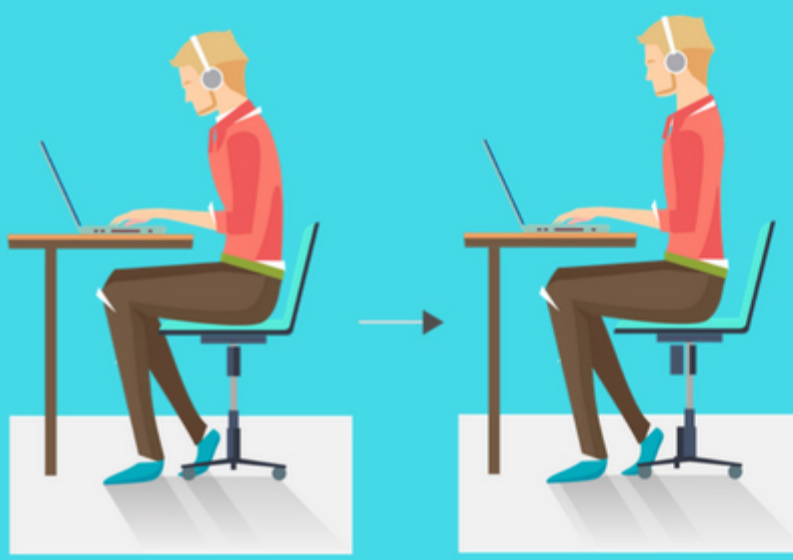
## 2. Eat Healthy Snacks

You wouldn't expect a car to run properly on an empty tank. Just as importantly, you wouldn't expect a gas-powered car to run on diesel fuel. The same concept applies to your body and the food you fuel it with. When it comes to properly nourishing your body you must be conscious of the foods you are choosing to eat.



## 3. Be Mindful of Posture

Not sure if you have bad posture? Two main ways to identify poor posture is a hunched back and slouching shoulders. Though this often seems to be the most relaxed and comfortable position, it can cause major long term problems such as chronic neck and back pain.



## 4. Personalize Your Workspace

The more pleasant the environment, the more productive and efficient the employee becomes. Adding a personal touch to your workspace also serves as a visual ice-breaker between you and fellow colleagues, increasing trust and cohesive relationships.



## 5. Take Breaks

Recharge your mind and your body by taking short breaks throughout the day. Brain breaks have actually been proven to promote creative thinking and help regain focus. Listening to music, stretching or walking around the office for even a few minutes can rejuvenate your mind and support your cognitive thinking.



## 6. Small Talk

Feelings of inclusiveness and unity in the office often stem from positive workplace relationships. Employees who feel included at work also claim to have higher job satisfaction. One of the best ways to establish a healthy and personal friendship with co-workers is by initiating and engaging in small talk.



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