

Embracing Wellness in the Workplace: A Guide for a Healthier, Happier August



WRITTEN BY THE EXPERTS AT ENI

Inspirational Quote

"Be kind to yourself."
— Andrew Weil

Book Recommendation

Joy at Work: Organizing Your Professional Life

by Marie Kondo and Scott Sonenshein

This book focuses on decluttering and organizing your work life, from your desk to your digital documents, and even your tasks and time. Kondo and Sonenshein combine the famous KonMari method with practical psychological insights to help you achieve more joy and efficiency at work. It's an excellent read for employees wanting to create a more serene and productive workspace.

As we navigate through the final stretch of summer and prepare for the busier months ahead, August is an ideal time to focus on wellness in the workplace. For employees, this means taking proactive steps to enhance both your mental and physical health, which can boost your productivity and overall job satisfaction. Here's how you can make the most of workplace wellness initiatives this month.



Mental Health Maintenance

- **Stress Management**
 - Explore programs your employer may offer that help manage stress, such as mindfulness meditation sessions or stress management workshops. Taking regular breaks and making use of mental health days are important strategies to reduce burnout and maintain your mental well-being.
- **Make the Most of Your EAP**
 - Familiarize yourself with your Employee Assistance Program (EAP). These programs offer confidential support for both personal and work-related issues. They are a valuable resource for addressing mental health concerns, managing stress, and even legal and financial guidance.

Physical Wellness Initiatives

- **Promote Ergonomics**
 - Adjust your workspace to fit your ergonomic needs. Whether at home or in an office, setting up your desk, chair, and computer correctly can prevent physical strain.
- **Activity Breaks**
 - Incorporate short, regular breaks for physical activity into your day. A quick stretch, a brief walk, or a standing session can boost your energy and reduce fatigue. Engage in any wellness challenges or activities your workplace might organize to make these breaks more enjoyable and interactive.

Building a Supportive Work Culture

- **Inclusivity and Support**
 - Engage in and contribute to building a workplace environment where everyone feels valued and supported. Participate in regular check-ins and utilize communication platforms to express your needs and offer support to colleagues.

Nutritional Health at Work

- **Healthy Eating Options**
 - If your workplace has a cafeteria, choose healthy and appealing options. For those without access to a cafeteria, consider preparing nutritious meals at home that you can bring to work, focusing on balance and variety in your diet.
- **Educational Workshops**
 - Participate in any nutrition seminars your employer may offer. These workshops can provide practical advice on maintaining a healthy diet amidst a busy schedule, emphasizing quick, nutritious meals that can be prepared easily.

Conclusion

Wellness in the workplace is essential for maintaining not only your health but also your job satisfaction and productivity. This August, take initiative in your own well-being by engaging with the available resources and programs. By doing so, you contribute to creating a more vibrant, energetic, and supportive working environment for yourself and your colleagues.