

# wellbeing



## Ways to Well-being in the Workplace

Well-being includes: feeling satisfied, happy and healthy, connected to others, having a sense of purpose, learning new things, being resilient and having fun.

Research shows that doing **one small thing** can make a big impact on your well-being!

### **Be Active**

- Take a break. Walk around the block or start a noon hour exercise group.
- Get up and stretch with a co-worker. Make it part of your daily routine together.

### **Be Social**

- Go for coffee or lunch on a patio with a co-worker.
- Introduce yourself to someone you haven't met in your workplace.

### **Be Curious**

- During your breaks or lunch challenge your mind with games or puzzles (like Sudoku).
- Research what your workplace has to offer related to health and well-being.

### **Be Mindful**

- Throughout your day, take 3 to 10 deep breathes. Enjoy these moments.
- Slow Down: Focus on one task at a time or turn off your electronics during work breaks.

### **Be Purposeful**

- Support a co-worker who needs company or a listening ear.
- Learn about a charity that is related to your work and fundraise together.

### **Be Positive**

- Think about and jot down three good things that happened in your workday.
- Express gratitude and appreciation by saying thank you to a colleague.

**For more ideas on finding your path to well-being, visit our website!**

[www.wellbeingguide.ca](http://www.wellbeingguide.ca)