



Improving your health while at work

Start by breathing more slowly and deeply. Practice deep breathing anywhere, anytime, while traveling to and from work or at your desk. Deep breathing energizes the body and clears the mind.

Drink water at work to keep the body hydrated. This helps to combat fatigue. Water regulates all bodily functions and it is essential that it is replenished on a daily basis.

Make exercise part of your normal day. Take the stairs instead of a lift and make a 10-minute walk part of your lunchtime break. Availing of every opportunity to have a walk ensures better health.

Try to get outdoors most weekends. Serotonin levels shrink over the winter so now as the weather is improving it is time to enjoy the outdoors and lift our mood.

While commuting and using public transport, try using the time as an opportunity to listen to the radio (if the bulletins don't stress you out!) or your favourite music or simply use the time to catch up on reading. You could also use the time to practice simple mindfulness techniques or just relax.

Eat a variety of fruit and vegetables during your breaks. Eating a selection will help boost your immune system and ward off infection. Apples alone contain betacarotene, B vitamins potassium and pectin and they aid digestion of fatty foods.

Develop a healthy thought process. Knowing the difference between positive and negative thinking is one of the most important insights you can gain about your mental health. Recognize that other people's attitudes behaviours and moods don't have to adversely affect the quality of your day.

Demonstrate respect in how you think, feel and behave towards others.