

Healthy Habits Newsletter

July 2024



5 Ways To Improve Your Well-Being At Work

Without healthy practices in place, the workweek can feel long and stressful. Prioritizing your mental and physical well-being can help you stay focused, boost productivity, and improve your quality of work.

While every employee's routine looks different, the [American Heart Association](#) shares five strategies that can improve wellness no matter the job or industry. The below strategies can lower stress, increase happiness, inspire motivation, and reduce the risk of injury or illness.

1. Stay hydrated: Not only is staying hydrated essential to good health, but it can also improve brain function. Keep a refillable water bottle with you during work hours as a reminder to drink water throughout the day.

2. Eat a healthy lunch: It's important to stay nourished even amid the busiest day. If possible, eat away from your workspace to take a mental breather. Choosing nutritious foods for lunch can also keep you full, energized, and feeling your best.

Don't Forget Sunscreen!

Spending time in the sunshine has several health benefits, from reducing stress to getting vitamin D.

While sunshine is essential, it's also critical to care for your skin when outdoors. The best way to [keep your skin safe](#) is by routinely applying sunscreen.

Opt for sunscreen with an SPF of 15 or higher. Sun Protection Factor (or 'SPF') refers to how well a sunscreen blocks ultraviolet rays.

Since sunscreen wears off, you'll want to reapply a layer every two hours. They also expire, so it's worth checking your bottle's expiration date before you apply.



7 Recipes For Your Next Summer Cookout

Whether you're celebrating the Fourth of July or simply enjoying good weather, these summertime recipes are delicious and nutritious.

1. American Flag Caprese Salad
2. Grilled Summer Vegetables with Avocado-Yogurt Dip
3. Kale and Carrot Slaw
4. Grilled Romaine Caesar Salad
5. Grilled Sweet Potato Wedges
6. Red, White and Blue Fruit Cups
7. Chocolate-Covered Frozen Bananas

Find these recipes on FoodNetwork.com!

5 Ways To Improve Your Well-Being At Work (Continued...)

3. Manage time well: If your to-do list feels overwhelming, don't be afraid to take short breaks as needed. Taking a walk or stepping away from screens can help get your mind back on track.

4. Limit distractions: Whether you're working from home or at an office, minimizing distractions will help you stay on task. Consider putting your phone on 'do not disturb' and limiting your use of social media during the workday.

5. Practice gratitude: Celebrate your work wins! You might consider keeping a log of achievements to keep track of your progress.

Prioritizing wellness in the workplace can promote happiness, productivity, and good health.

If you sit at a desk, consider an active workstation to keep your mind and body moving. [Watch this video](#) from Mayo Clinic to learn about the benefits of staying moving during the workday.

