

Healthy @ Home Well @ Work

Well @ Work

1. Leave your work station to enjoy lunch.
2. Perform a Random Act of Kindness.
3. Park further away from the office.
4. Deskercise in your workstation for 10 minutes.
5. Pack your lunch.
6. Spend 10 minutes organizing your desk.
7. Sanitize your workstation.
8. Make 1 ergonomic change in your workspace.
9. Take the stairs all day.
10. Avoid checking social media while at work.
11. Have a walking meeting.
12. Read an article related to new developments in your field.
13. Sign up to receive the Wellness Newsletter.
14. Tell a coworker why you're grateful for them.
15. Start your work day with a specific intention. Write it down and keep it visible in your workspace.
16. Close your email, set a 30 minute time, and work on another project uninterrupted.
17. Set a mantra for yourself and repeat it throughout the day.
18. Use a reusable water bottle all day.
19. Clean the office fridge/microwave/coffee maker or another shared space.
20. Try a healthy snack today.
21. Familiarize yourself with your company's EAP services.
22. Host a word search race in your office.
23. Spend 10 minutes perusing Gatorcare.org/wellness
24. Get to know a coworker better today.
25. Jazz up your desk with new décor (i.e. picture frame, folder organizer, pen cup, etc.)
26. Complete a teambuilding activity with your department.
27. Commit to a positive attitude, no matter what happens today.
28. Try a FREE group fitness class.
29. Bring in fresh flowers for the office.
30. Start your next staff meeting by leading a breathing exercise or by "checking in" on your neighbor.
31. Spend 10 minutes practicing chair yoga.
32. Write a compliment on a sticky note and drop it off at your coworkers' desk.