Things That Enhance Your Well-being

Think positive thoughts; they are contagious.

After an hour at a repetitive activity, stop and stretch your hands, wrists, arms, and shoulders.

Take a 1 minute break: hang a relaxing picture near your desk and lose yourself in the picture a minute at a time.

Take time in the morning and afternoon to breathe, walk, and clear your mind.

Feeling connected with your friends and co-workers and having some control in your environment increases your satisfaction and productivity.

Take a lunch hour and nourish your body, mind, and soul.

Take time to smile before you pick up the phone… they can feel your smile and you will feel better.

Take a deep breath at least once every hour.

Smiling improves your immune system and your perspective; laughter is even better.

Quench your thirst… Drink Water.