

Improve your Emotional well being at work

Work Life and Safety at QuickSeries



TAKE THE **FIRST** STEP!

You may have resolved to make some fixes in your personal life – health, finances and general lifestyle – but what about how you feel at work, where you spend most of your waking hours every week?

Get a fresh start by resolving to amp up your emotional well-being at work. You'll feel better overall, as this well-being will overflow into your personal life and you can reap the benefits of a more positive and productive work experience.



TOO HEAVY
(OR TOO LIGHT) A WORKLOAD

CONFLICTING
JOB DEMANDS



LACK OF
JOB SECURITY

RELATIONSHIP
PROBLEMS
WITH SUPERVISORS



COMMUNICATION
ISSUES

12 WAYS TO ACHIEVE EMOTIONAL WELL-BEING AT WORK

Now it's up to you. Pick and choose from these tips to boost your mood, dispense with negativity and deal with workplace stress in a healthy way.

1 Inject humor and laughter into your workday.

2 Fit some fun activities into your schedule.

3 Do some deep breathing to cut tension and anxiety.

4 Add progressive muscle relaxation to deep breathing.

5 Practice Yoga or Tai Chi.

6 Try meditation to clear out your mental clutter and improve your concentration.

7 Take yourself away with guided imagery.

8 Embrace mindfulness.

9 Use rational thinking to rein in unhealthy self-talk.

10 Implement a plan to best manage your time.

11 Make your workspace an oasis.

12 Spend your time with upbeat coworkers who share your values.