

How To Stay Healthy At Work

Description

Developing healthy habits in the workplace is a mental venture as well as a physical one. It's™s important to be in the right frame of mind to reach your full potential, and this can be affected by all manner of different triggers.

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Start With Nutrition

Every good day starts with a [healthy breakfast](#)! You need to begin with a nutritious, carb-focused and protein filled meal to give you the energy to work through until lunch, and avoid giving into unhealthy sugary snacks or caffeinated drinks. If you have time in the morning, whip up an omelette, make some fresh porridge or blend some of your favorite fruit and vegetables together to make a smoothie. If you're usually in a rush, grab some fruit and greek yogurt, or prepare some overnight oats before you go to bed to eat on the go. Snacking at work is commonplace, and it's likely your colleagues will be around to offer temptations. By giving into the treats, your body will get an instant rush of sugar, but this won't last long. You will slump shortly after when it's dispersed and has been absorbed, and you'll be left feeling lethargic and peckish until you get another bite. To combat these types of cravings, ensure you bring more nutritious options to work of your own – some great and easy options include carrot or celery sticks with hummus, sweet or salted popcorn, or any portions of your 5-a-day. When it comes to eating lunch at work, it's best to plan ahead and make something of your own. Shop bought meals are often very high in salt and fat, so opting for a healthy homemade dish will keep your energy levels stable until it's time to go home. However, don't forget to treat yourself every now and again. After all, you deserve a reward for working so hard!

Stay Hydrated

There is nothing more important for the human body than drinking water. It's so easy to lose track of how much of the clear stuff you've had to drink each day, but even slight dehydration can leave you feeling nauseous and fatigued. The human brain is made of around 75% water – by not drinking enough your circulation is forced to slow meaning less oxygen can travel around the body, and to the brain. This can most certainly have an affect on your mood, leaving you unfocused and foggy. To combat these symptoms, you should aim to consume around 8 glasses (2 Litres) of water each day, and a simple way to check your hydration levels is by passing urine: a light colour means you're doing fine. If you're not so keen on the taste of water on its own, try adding a sugar-free fruit cordial to give it more flavour, or some refreshing herbs and fruit wedges such as mint and lemon or lime.

Be Active

If you work in an office or in front of a computer, it's essential that you get outside to exercise and give your eyes and lungs a much needed break. Sitting down at a desk shrouded by artificial light and air conditioning all day can leave you feeling lethargic and slow, but going for a brisk walk or heading to the gym after work will release endorphins making you feel more energised. The same endorphins (medically known as Serotonin) can relieve symptoms of anxiety and depression, and make stress much easier to handle. Much like drinking enough water, doing regular cardio increases blood flow to the brain, leaving you more alert and focused. It also helps your body in gaining the vital strength it needs to fight off any illness or disease, meaning less sick days and better long term productivity. If you find yourself seated for most of the day, stand up and stretch as frequently as possible – run on the spot to encourage blood flow and stretch your back and neck regularly to avoid aches and pains from bad posture.

Know When To Switch Off

Sometimes it's hard to find a good [work-life balance](#). Problems aren't always left at the desk; they can follow you home and whirl around your mind whilst you lay in bed, stopping you from sleeping and making you feel like your shifts never end. One of the easiest ways of separating work from home is by having a simple "end of shift" routine. Washing up your coffee cup, switching off your laptop and moving any documents out of sight can send an effective signal to the brain that you are no longer on the job, helping you to wind down and focus on relaxation. Use the time of your home commute "listen to an audio book or some calming music and choose a quieter more scenic route. It's necessary for your body to get at least 7 hours of sleep each night; meditation is a wonderful way of cleansing the mind of the days worries, and can give you a clear mindset to drift off with more ease.

What To Do If It All Goes Wrong

Illness can strike at any time, no matter how much effort you put into your health and nutrition. It's essential to have a plan in place if something unexpected were to happen, as workplaces are not always sympathetic in situations of absence. Getting [health insurance](#) should be a top priority, as it will give you peace of mind if anything were to happen and also give you the necessary means to survive a break from employment. Make sure you let your boss know about any health problems you have when you start your job, as this can help them to help you. Let them know of any medication you need, so they can give any details to assist in an emergency situation.

Hopefully these useful tips will aid you in staying healthy and happy at work, allowing you to thrive and do your job to the best of your ability whilst maintaining good energy levels and handling stress appropriately!

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