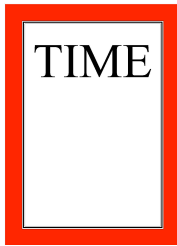


New ways to improve well-being at work

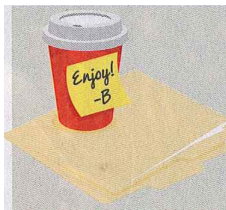
Adapted from



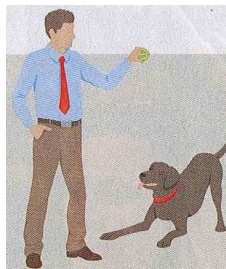
by Mandy Oaklander, 3/3/2016

Counting sick days isn't the only way to tell how healthy people at work are. Lack of focus at the office costs U.S. business \$550 billion (over 62,000,000,000,000 yen) each year. Work-related stress adds almost half of that to the total. New studies show surprising new ways to reduce stress and build well-being at work. They increase productivity at the same time. Happy, mentally healthy employees work better.

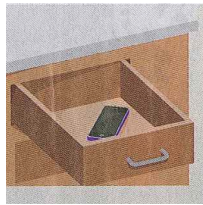
① Work with a partner. Look at these ideas. Each of you chooses one you want to learn about. Circle it.



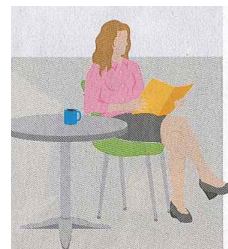
Do someone a 5-minute favor



Play with a puppy



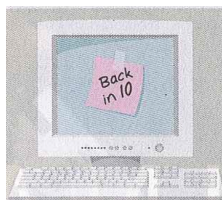
Hide your phone



Take a morning break



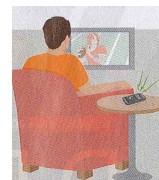
Let yourself waste time



Take a 10-minute walk



Gossip with co-workers



End your work day when you leave work