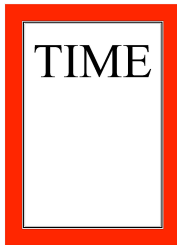


New ways to improve well-being at work

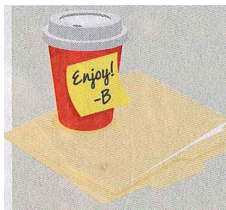
Adapted from



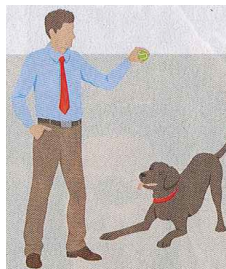
by Mandy Oaklander, 3/3/2016

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.

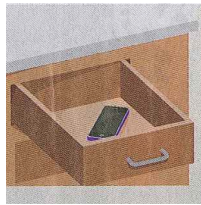
① Work with a partner. Look at these ideas. Each of you chooses one you want to learn about. Circle it.



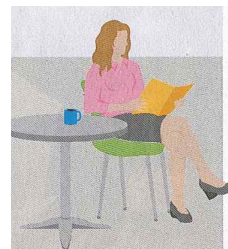
Do someone a 5-minute favor



Play with a puppy



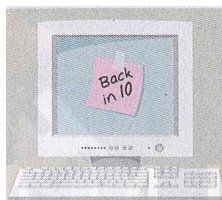
Hide your phone



Take a morning break



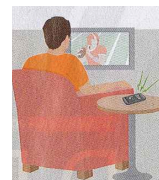
Let yourself waste time



Take a 10-minute walk



Gossip with co-workers



End your work day when you leave work

② Read your story 1 or 2 times. Highlight (use a yellow or pink marker) the main ideas. Then explain the main ideas to your partner in Japanese. Partner, shadow (repeat) the ideas. (English or Japanese)

<p>Do someone a 5-minute favor Volunteering helps people connect to others. That helps them deal with stress. You can do the same thing at work. For example, get a cup of coffee for someone who is having a bad day. Notice a problem. For 5-minutes, help someone.</p>	<p>Play with a puppy Will your boss let you bring a dog to work? One study showed that when workers bring their dogs to work, they felt less stress. And they got just as much work done as on days with no dogs.</p>	<p>Hide your phone Just seeing your phone slows you down. Even if you are not using it. You are less able to focus on hard tasks. Two studies found this. Even having a phone around made people trust and like each other less.</p>	<p>Take a morning break People who take breaks in the morning feel less emotionally tired. This is compared to people who take breaks in the afternoon. Morning breakers are more likely to be satisfied with their jobs.</p>
<p>Let yourself waste time In a study, people were given a task. Then they had five minutes to play a computer game. Those people had more ideas and were more creative when they did the task. This is compared to people who didn't play the game. They started the task right away. The gamers' brains were thinking about the task as they played.</p>	<p>Take a 10-minute walk Disappear for a few minutes. Take a 10-minute walk every day. And don't think about work when you walk. Listen to a podcast. Make a phone call. Do walking yoga. Or bring a friend to talk to. (see →). But don't talk about work!</p>	<p>Gossip with co-workers Talking to other people – social time – is really important. Even for shy people. But to get the advantage for talking to your co-workers, when you take a break, don't talk about your jobs.</p>	<p>End your work day when you leave work Some people think they should always be available. They let bosses and co-workers email or call them after work. Those people have more stress than people who don't get those mails and calls. They feel they have less control. Studies show that as long as you get your work done, putting in more hours doesn't make your boss happier.</p>

③ Divide the other ideas. You read three. Your partner reads three. Repeat step ②.

④ Now go back to page one. Look at the pictures and ideas. What do you remember? Do you want to do this in Japanese or in English? Alone or with your partner? Which ideas can improve your student life? Which will you try?