



Want to Feel Better at Work?

3 Tips That May Help.

Many of us know the basics of healthy behaviors, like good nutrition and exercise. Sometimes, it's easier said than done as we become busy at work. These 3 tips are friendly reminders of ways that may help you feel better during your workday.

1. Stay hydrated

It's estimated that nearly 75% of Americans are dehydrated. Dehydration can actually impair one's physical and mental performance, too. Not drinking enough liquids can cause headaches, muscle and joint pain, sleepiness, and even brain fog, which will deter anyone from their full potential.

Try starting your day with a full bottle of water by your side. If you know you're heading into a day of meetings, bring a drink or two with you. Don't use work as an excuse not to stay hydrated.

Did you know? The National Academy of Medicine suggests the following **daily fluid intake for healthy individuals:**

- 13 cups for men
 - 9 cups for women
- (1 cup = 8 ounces)

If you are physically active or in a very warm climate, you may need to drink more or less depending on your body size.

2. Stretch your mind and body

Even if you sit for most of your workday, stretching regularly is important. Otherwise, you may be at risk for musculoskeletal issues. Luckily, you can find an array of desk exercises or stretches online, like at [healthline.com/health/deskercise](https://www.healthline.com/health/deskercise) and [webmd.com/fitness-exercise/ss/slideshow-stretches-at-work](https://www.webmd.com/fitness-exercise/ss/slideshow-stretches-at-work).

If you're looking to reduce stress, stay present, and feel better overall, mindfulness is often an effective tool. You can start small by taking deep breaths from time to time or learning more about the practice online at [mindful.org](https://www.mindful.org). Downloading the free app Insight Timer, which offers simple two-to-three-minute meditations up to longer sessions and even mindfulness series, is an easy way to start.

3. Know your work benefits and use them!

Your employer is committed to your health and wellness. Take time to learn about what's available to you, including health insurance with nutrition and fitness discounts, on-site programs, and paid time off. Use what you can to help you be the healthiest you can be! To learn more, contact your Human Resources department.

This content is only for informational purposes and should not be used in place of an actual doctor's visit. We recommend that you consult with your primary care provider before making any significant changes to your diet or fitness routine.