



5 Ways to Wellbeing at Work

By Gemma Dale, 8 November 2017

When it comes to wellbeing, often we know what we should be doing, but we don't always make the effort or we don't get round to it. Healthy habits can go by the wayside when we have deadlines and demands competing for attention. But it only takes a few, small, healthy habits to make a difference to our overall wellbeing. Try a few of these simple changes.

Get out of the office

It's important to take a break. Working continuously without a break isn't great for productivity, creativity or health. Take some time away from your workspace, even if it is just for a few minutes. It's tempting to eat lunch at your desk, but make the effort, even if it is just a couple of times a week, to take a proper break to help you recharge and refocus.

Eat and drink well

Many of us fall into the habit of drinking multiple cups of coffee or grabbing a quick, but not always healthy, snack on the go. We all know that we need water for good general health. We might not always fit in the mythical eight glasses a day, but try and keep your hydration levels up. There are water fountains all over the University – make the effort to use them every day. If you can't quite manage your five a day, try and keep some healthy snacks with you – and reach for some fruit instead of a biscuit.

Move

If you are desk based you might find that you spend most of the day sitting. Many of us sit on our commute too, whether that is in a car or on a bus or train. Sitting at a desk for hours isn't all that good for us. Join a lunchtime [walking group](#), try one of the many fitness classes, or just try build some movement into your working day. Have a walking or standing meeting. Take the stairs instead of the lift. Walk from the station or stretch at your desk. Even just getting up from your desk and walking around for a few minutes every hour helps. Set a reminder on your phone!

Consider flexibility

Thanks to technology, we don't always have to work in an office or at a desk. Commuting to and from work at peak times can be stressful. Whilst working flexibly doesn't work for every role, consider whether your work pattern could be improved to support your wellbeing. Remember that

the University encourages flexible working. You can find more about flexible working arrangements [here](#). Talk to your manager – you can request a trial of flexible working.

Manage your notifications

We are used to having our work interrupted by demands for our attention. The ping of an email. Notifications from social media platforms. Requests for five minutes of our time. Remember that it is okay to turn them off for a while if you need to focus or they are causing your stress.

There's probably nothing in this list you don't already know, or haven't read about before. So what is stopping you? Small changes can make a big overall difference. Create a habit for your wellbeing, today.

About Gemma Dale

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