

# THE BENEFITS OF WORKPLACE WELLNESS

BY KATHLEEN MILLIGAN

"The more you smile the more you interpret things positively. Since we smile when we are happy, our optimism is linked to our happiness."

**R**esearch shows that smiling is linked to optimism. The more you smile the more you interpret things positively. Since we smile when we are happy, our optimism is linked to our happiness. Creating a workplace that is mentally, emotionally, and physically positive is a worthwhile goal. Workplace wellness makes good business sense as employee health is tied to their productivity. If you are happy at work, then you are engaged in your tasks and responsibilities. Positive thinking encourages a healthy lifestyle which leads to increased job performance.

Ancient wisdom and recent research show that emotional and physical health are connected. It can be hard to make healthy decisions because we are attached to our habits. So everyone requires a little encouragement to make positive changes in their lifestyle choices. Workplace wellness provides everyone with little nudges in the right direction. Positive choices are catchy like a great song. Before you know it, you will be singing the tune with the whole office.

What are the immediate benefits? You will experience mental clarity, an improved attitude,

and an optimistic outlook on life. Your improved emotional and physical health helps you accomplish more while working. And when you succeed at work, you will feel more satisfied in your life. A healthy workplace promotes a low turnover rate for staff. When you think and feel positively about your workplace, you want to do your work. Workplace wellness fosters teamwork, high morale, and happiness.

Research shows that healthy employees take fewer days off from sickness. With everyone at work, the team is stronger. A good team environment increases productivity. Mental wellness information is powerful because it transforms patterns and habits. Consider introducing workplace wellness programs in:

- nutrition
- exercise
- weight control
- stress management
- smoking cessation
- healthy relationship
- cancer risk
- hypertension
- drug or alcohol abuse

The best way to show the benefits of these programs is through participation. You have to lead by example. If you are an employer, pave the way for positive change by making healthy choices for yourself and your employees. Living healthy patterns as an employee is an example for your coworkers. When everyone works together, the collective effort for

positive change is powerful. Laughing, working, and living together increases workplace wellness. Here are some tips and strategies that will assist you in being happy in the workplace:

1. **Be resilient.** Resilience helps you deal with difficulty, change, and misfortune. Optimism is a big part of resilience. Remember to take a step back and reflect on the "big picture."
2. **Make connections with others.** Allowing others to get close to you makes it easier to form give-and-take relationships. Counting on others helps build a workplace support network.
3. **Learn to negotiate.** Others see things differently. Recognizing that you don't have all the answers helps you learn from others. Knowing when to give a little creates growth opportunities.
4. **Remain curious.** Being open to others and the world is an amazing way to change.
5. **And, of course, remember to smile.** **HWS**

*Kathleen Milligan, DSW, CBE, EFT, National Guild Certified Hypnotherapist is located at 11 Bond St, Suite 205B, St. Catharines. Kathleen can be reached at 905-685-7352 or visit [www.actionhypnosis.ca](http://www.actionhypnosis.ca)*

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