



TIPS FOR SUPPORTING BETTER WELL-BEING AND HEALTH

MAINTAINING GOOD ENERGY LEVEL AT WORK

- Regular meals and sufficient hydration
- Short breaks periodically
- Prioritize!
- Alternate between easier and more demanding tasks
- Focus on one task at a time
- Peaceful work environment
- Change your work position (e.g. sitting vs standing)
- Ask for help, delegate

GET MORE HIGH-QUALITY SLEEP

- Regular sleep rhythm and sleep preparation routines; early enough bedtime
- Minimize use of alcohol, nicotine products, coffee and energy drinks
- Work through worries and stressful things during the day, not right before bedtime
- Avoid stimulating activities before sleep, such as work emails, chores and use of electronic devices
- Stop strenuous exercise 3-4h before bedtime
- Start calming down ahead of bedtime
- Light, healthy evening snack
- Pleasant, quiet, dark and cool sleeping environment

INCREASE THE AMOUNT OF PHYSICAL ACTIVITY

- Walk short distances, e.g. to lunch or the store
- Take the stairs
- Bike/walk to work
- Yard work, wood chopping, house chores
- Nature walks, berry picking hunting
- Take advantage of exercise venues in your area
- Find a form of exercise that you enjoy!
- Consult a fitness professional/personal trainer
- Exercise in the morning before work

RELAX DURING LEISURE TIME

Calm your mind

- Relaxation exercises, meditation
- Listening to music, reading, TV
- Nice hobbies, easy physical activity, walking
- Culture, crafts, creative tasks
- Family and friends
- Humour, nature

Relax your body

- Relaxation exercises
- Stretching, Yoga, Pilates
- Massage and other treatments
- Sauna, baths
- Naps

IMPROVE YOUR ABILITY TO RECOVER

- Improve your physical fitness
- Healthy diet, regular eating rhythm
- Weight loss
- Better stress management
- Lifestyle changes
- Reduce use of stimulants & alcohol

IMPROVE YOUR FITNESS

- Regular exercise (almost daily)
- Many-sided exercise routine: endurance, strength, coordination
- Excellent forms of exercise include hiking, running, cycling, skiing, rowing, ball games, group aerobic exercise, circuit training
- Alternate between easy and hard training, days and days-off
- Remember the importance of a healthy diet and sufficient sleep to support your recovery