CORPORATE WELLNESS

Wellness can be defined as the condition of optimal physical and mental health, when maintained by a balanced nutritious diet, exercise and smoke-free living. The objective of wellness interventions within the corporate sector is to provide nutritional knowledge to employees to empower them to improve nutrition and lifestyle habits. Chronic diseases impact people in their "working" years, reducing productivity and increasing costs. More companies are investing in employee health today to promote long-term behavioural changes that will benefit employers, employees and communities.

Support your health with exercise and nutrition

When you're overly focused on work, it's easy to neglect your physical health. But when you're supporting your health with good nutrition and exercise, you're stronger and more resilient to stress.

Taking care of yourself doesn't require a total lifestyle overhaul. Even small things can lift your mood, increase your energy, and make you feel like you're back in the driver's seat.

Make time for regular exercise

Aerobic exercise—activity that raises your heart rate and makes you sweat—is a hugely effective way to lift your mood, increase energy, sharpen focus, and relax both the mind and body.

Rhythmic movement—such as walking, running, dancing, drumming, etc.—is especially soothing for the nervous system.

For maximum stress relief, try to get at least 30 minutes of activity on most days. If it's easier to fit into your schedule, break up the activity into two or three shorter segments.

And when stress is mounting at work, try to take a quick break and move away from the stressful situation. Take a stroll outside the workplace if possible.

Physical movement can help you regain your balance.

Make smart, stress-busting food choices

Your food choices can have a huge impact on how you feel during the work day. Eating small, frequent and healthy meals, for example, can help your body maintain an even level of blood sugar, keeping your energy and focus up, and avoiding mood swings. Low blood sugar, on the other hand, can make you feel anxious and irritable, while eating too much can make you lethargic.

Minimize sugar and refined carbs

When you're stressed, you may crave sugary snacks, baked goods, or comfort foods such as pasta or French fries. But these "feel-good" foods quickly lead to a crash in mood and energy, making symptoms of stress worse not better.

Eat crunchy food

Munching on crunchy foods also helps beat stress. Nutrient-rich carrots, celery and other crunchy, fresh veggies offer satisfying crispness but won't bog you down with too many calories. Add a protein-rich dip like hummus or cottage cheese to help you feel full for longer and balance your blood sugar levels.

Eat more Omega-3 fatty acids to give your mood a boost.

The best sources are fatty fish (salmon, herring, mackerel, anchovies, sardines), seaweed, flaxseed, and walnuts.

Avoid nicotine.

Smoking when you're feeling stressed may seem calming, but nicotine is a powerful stimulant, leading to higher, not lower, levels of anxiety.

Drink alcohol in moderation.

Alcohol may seem like it's temporarily reducing your worries, but too much can cause anxiety as it wears off and adversely affect your mood.