

GOOD WORK HABITS

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Good health habits you can follow at work:

1. Stay active: Try to get up and move every hour, even if it's just to stretch or take a short walk.
 - Physical health: They help reduce the risk of chronic diseases such as diabetes and obesity.
2. Eat healthily: Bring healthy lunches and snacks to work to avoid resorting to unhealthy options.
 - Injury prevention: Help prevent muscle pains and work-related injuries.
3. Practice good ergonomics: Adjust your chair, desk, and equipment to maintain a comfortable posture and avoid muscle strain.
 - Injury prevention: Prevents chronic pains and work-related injuries.
4. Practice proper hygiene: Wash your hands regularly and keep your workspace
 - Disease prevention: Prevent the spread of infectious diseases in the workplace.
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5. Manage stress: Find ways to manage stress, such as deep breathing, meditation, or taking short breaks to relax.
 - Improved mental health: Reduces anxiety and increases concentration and productivity.
6. Get enough sleep: Make sure to sleep enough to feel rested and alert during the next day.
 - Improve physical and emotional well-being, leading to greater job satisfaction and overall quality of life.
7. Lower absenteeism: Contributes to greater operational continuity for the company.
 - Lower productivity: Leads to fatigue, lack of concentration, and health-related absenteeism.
8. Nutritious Choices: Promote a culture of healthy eating by offering nutritious snacks and meal options
 - Hydration: Encourage regular water intake for physical and mental well-being.

9. Leadership Support: Leadership should actively promote and participate in well-being initiatives.
 - Encourage employees to contribute ideas and initiatives for well-being.
10. In conclusion, integrating well-being activities into our work habits is crucial for a thriving workplace. Let's commit to fostering a culture where everyone's well-being is a priority.