**GOOD WORK HABITS**

**Jorge Miller Gutierrez Ospina**

**Sena**

**Analisis y Desarrollo de Software**

**Diego Alejandro Angarita Guzman**

**Marzo 2024**

**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.

1. 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.

1. 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.

1. Practice proper hygiene: Wash your hands regularly and keep your workspace

* Disease prevention: Prevent the spread of infectious diseases in the workplace.

1. 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.

1. 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.

1. Lower absenteeism: Contributes to greater operational continuity for the company.

* Lower productivity: Leads to fatigue, lack of concentration, and health-related absenteeism.

1. 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.

1. Leadership Support: Leadership should actively promote and participate in well-being initiatives.

* Encourage employees to contribute ideas and initiatives for well-being.

1. 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.