## searching:



## 1. Improved work relations

Healthy habits like <u>physical exercise</u> and <u>intuitive eating</u> can lower stress.

With <u>decreased stress levels</u> comes <u>increased morale</u>. And a greater ability to maintain a positive mindset throughout the workday. This also lowers the risk of burnout at work.

Wellness challenges show employees that their company cares about their health and mental well-being. This fosters empathy and boosts satisfaction.

