

## A Working Balance: Creating Healthy Habits on the Job

Spring is in the air. Nature is awaking from winter hibernation and for many people, the budding greenery and warmer days signal a time for revitalization and change. While you may consider "spring cleaning" something you do around the house, why not try sprucing up not only your work environment, but also, your body and mind to discover an on-the-job balance that *really* works?

Whether you're looking for simple ideas to integrate healthier habits on the job, or want to overhaul the way you handle work challenges, this site can help restore your career composure by showing you how to:

- Create the ideal workplace through fast facts and helpful hints revealed in **Successful Surroundings: Building a Winning Work Environment**.
- Integrate physical wellness into every aspect of your life in **Work it! On the Job Fitness Tips**.
- Maintain emotional equilibrium and explore strategies to promote positive change in **Take Time for Your Mind**.

Creating healthy habits on the job takes awareness, effort and maybe even a little physical or emotional 'elbow grease.' The results, however, can be as refreshing as a sunny spring day.



The information and resources provided above are meant for informational purposes only. If you feel you are experiencing a serious crisis, please contact a professional immediately.