



# SEPTEMBER

## Facing the Day with a Positive Attitude

### Overcoming Mental Health Obstacles & Achieving Wellness

Falling into an unpleasant mood at work can result in a long and difficult day that will likely diminish your productivity and motivation. Fortunately, there are ways to energize and uplift your frame of mind.

#### WAYS TO IMPROVE YOUR MOOD

- **Dress to impress (*yourself*).** Dr. Dawnn Karen coined the term “dopamine dressing” which refers to the surge of dopamine, “the happy hormone,” when a person wears clothing with which they feel a strong connection. Even if you have a dress code, everyone has items or accessories that brighten their wardrobes and moods. Wear fun prints, bright colors, or items that spark fond memories.
- **Incorporate indoor plants in your decor.** The National Aeronautics and Space Administration (NASA) recommends having a plant every 100 square feet. Plants have been proven to reduce stress and boost feelings of relaxation when a person is in close proximity to an indoor plant. Additionally, consider displaying photos of friends, family, or calming scenery. Any way you personalize and decorate your space can make you feel more comfortable.
- **Make the most of your breaks.** If you have a lunch break, be sure to bring or purchase foods that promote wellness of the body and mind. Alternatively, breaks can be used to exercise. Take the time to go for a walk, as it releases endorphins and anandamide. Keep your days exciting and new by adding a variety of activities to your workweek.
- **Declutter your work life.** Allotting time to tidy up is a helpful way to increase feelings of control, relaxation, and happiness. Because untidy environments can heighten cortisol levels and cause stress, keeping your email, car, and workspace clean should be a top priority. Decluttering can result in better focus, higher self-esteem, and even better overall health.
- **Build connections at work.** Workplace friendships boost job satisfaction and result in less turnover. Around 63% of participants in the Workplace Friendship and Happiness Survey said close office relationships made work feel more enjoyable. Having someone you can rely on with work and personal matters provides you with a powerful sense of support and comradery.

#### WHY YOUR HAPPINESS IS BENEFICIAL TO YOUR ORGANIZATION

When you are unhappy and stressed at work over an extended period of time, your mental and physical health can suffer. Common symptoms of prolonged stress include insomnia, chronic pain, and high blood pressure. When you're feeling unwell, you are more likely to utilize your health benefits which can become costly for your employer.

Additionally, employers see greater productivity and innovation from employees when there is a strong office culture. Happy employees tend to stay with their employers twice as long as unhappy employees. Employers who invest in their employee's mental well-being and satisfaction are making a cost-saving investment that is mutually beneficial.

While maintaining a positive attitude can be challenging at times, the benefits of being happy at work are worth the effort. Happiness should be a workplace's most valuable resource and output.