



Wellness in the Workplace



wellness

vegetables

fruits

whole

wholesome

sleep

balance

health

water

vital

strong

well

exercise

relaxation

lunch

bike-riding

education

school

heart

physical-activity

breakfast

caring

good

nutrition

energetic

lifestyle

walking

breath

food

stress-reduction

laughter

playful

safety

feelings

healthcare

movement

friends

What is Workplace Wellness

Workplace wellness is any **workplace** health promotion activity or organisational policy designed to support healthy behavior in the **workplace** and to improve health outcomes.



WIKIPEDIA
The Free Encyclopedia



What is Workplace Wellness



Why is Workplace Wellness Important?

An average employee spends approximately **50 hours of their week at work**. That's about one-third of one's waking life every year. Furthermore, workers will consume about one-third of all their meals at work.

In other words, the workplace is almost like a second home for most of us.

It makes sense, as a result, that the work environment should be a place where employees can feel comfortable, valued, and taken care of. After all, if work is only stressful and over-demanding with no respite, this can lead to severe problems, both mentally and physically. In turn, the issues that result will be negative for employees and their livelihoods. But they'll also be bad for the organisations they work for.

Fortunately, workplace wellness has transformed the way companies think about their businesses. Workspaces are even being built to reflect the new awareness of wellness at work.



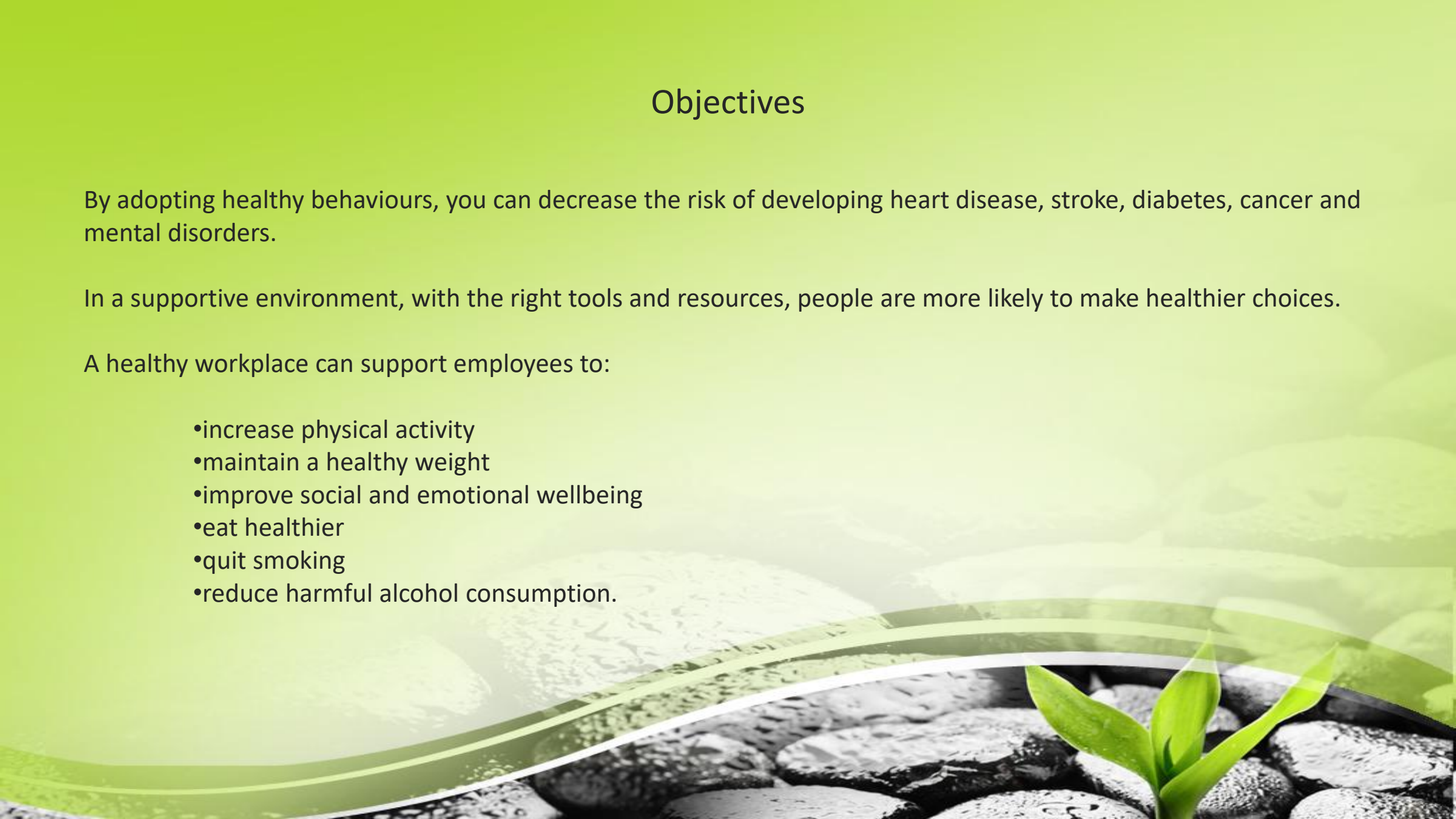
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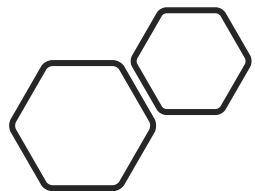
By adopting healthy behaviours, you can decrease the risk of developing heart disease, stroke, diabetes, cancer and mental disorders.

In a supportive environment, with the right tools and resources, people are more likely to make healthier choices.

A healthy workplace can support employees to:

- increase physical activity
- maintain a healthy weight
- improve social and emotional wellbeing
- eat healthier
- quit smoking
- reduce harmful alcohol consumption.





One of the fundamental aim of any Wellness program is to aid and assist all employees to resolve any workplace or personal issues that might be affecting their job capacity. Sometimes a conversation is all that is needed.

For assistance in dealing with a problem, please talk to your Manager or Supervisor - Confidentiality is assured.



Getting Help



Getting Help – External Resources

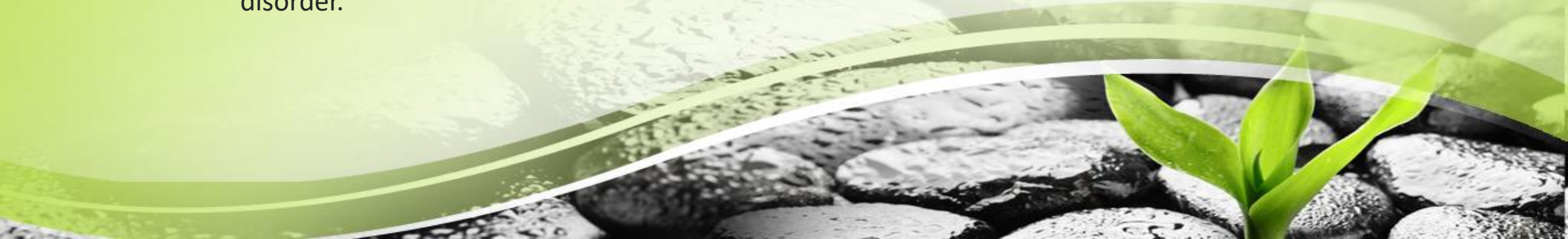
[Beyondblue](#) provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

[Headspace](#) is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds.

[MensLine](#) Australia is a professional telephone and online support and information service for Australian men

[Relationships Australia](#) is a leading provider of relationship support services for individuals, families and communities. We aim to support all people in Australia to achieve positive and respectful relationships.

The [Black Dog Institute](#) is a not-for-profit organisation and world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.



Getting Help – External Resources

[RU OK?](#) is a not-for-profit organisation whose vision is a world where we're all connected and are protected from suicide. Accordingly, our mission is to encourage and equip everyone to regularly and meaningfully ask "are you ok?"

RU OK?™

