



Canada's

Healthy Workplace Month

healthyworkplacemonth.ca

Creating Healthy Work Habits

DID YOU KNOW?

Developing small, healthy habits can lead to long-term improvements in well-being and productivity. Simple actions—like taking short movement breaks, staying hydrated, or setting regular start and end times for your workday—can help reduce stress and prevent burnout. Over time, these consistent practices not only boost your energy and focus but also contribute to a more positive and sustainable work environment for everyone.



DAILY YOGA POSE

Seated Side Stretch (Parsva Upavistha Konasana)

This gentle seated side stretch relieves tension from long sitting by loosening the sides of the torso and lower back. It improves posture, reduces stiffness, and promotes relaxation and mental clarity—making it a great way to refresh body and mind during the workday.

DAILY MOTIVATION: MUSIC TRACK

"Can't Stop the Feeling!" - Justin Timberlake

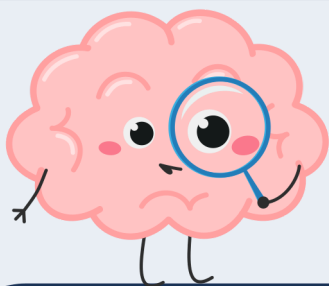
This energizing and uplifting track inspires you to shake off stress and boost your mood with its infectious beat and feel-good vibes—perfect for sustaining positive energy at work.

PRO TIPS FOR THE WORKPLACE

- Stand up and stretch every hour.
- Drink enough water throughout the day.
- Take short breaks to refresh your focus.

Action:

Set a reminder to drink water every hour today.



DAILY RECIPE

Hydrating Cucumber Mint Water



Cucumber slices
Mint leaves
Splash of lemon juice
Cold water



Add cucumber slices, mint leaves, and a splash of lemon juice to cold water. Let it sit for a few minutes and enjoy!

INSPIRE & REFLECT

Inspiration of the day

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." – Aristotle

Reflection Question

What is one small habit I can start today that will improve my workday?



Mental Health Challenge

Identify one unhealthy habit and replace it with a healthier alternative today.

Daily Affirmation

I create small, healthy habits that support my well-being.

Daily Resource:

Workplace Mental Health Toolkit from the Canadian Centre for Occupational Health and Safety (CCOHS)

Discover the free, bilingual Workplace Mental Health Toolkit from CCOHS—packed with practical resources to help you build and maintain healthy work habits every day.

