

# HEALTHY HABITS AT WORK

Establishing healthy habits at work can lower injury rates, improve personal well-being, and reduce absenteeism and turnover.

Studies show that adopting healthy routines can improve focus, increase energy, reduce pain, enhance work performance and improve overall health.

## HOW TO ESTABLISH HEALTHY HABITS:

- FOCUS ON NUTRITION
- GET MOVING
- STAY HYDRATED
- PAY ATTENTION TO YOUR MENTAL HEALTH



**BC Forest Safety**

# HEALTHY HABITS AT WORK



## FOCUS ON NUTRITION AND HEALTHY EATING

For healthy lunch options, consider foods that provide sustained energy, essential nutrients and promote overall well-being. Having healthy snacks on hand at work is also a great way to stay energized and productive throughout your shift.

Help maintain stable blood sugars by combining CARBS with PROTEINS as often as possible. CARBS should make up about 2/3 to 3/4 of each snack or meal, while PROTEINS should make up 1/3 to 1/4.

- For healthier lunch options consider homemade lunches vs. fast food to avoid high fat/high sugar.
- Healthy snacks options can include nuts, jerky, string cheese, fruit.
- Drink plenty of water, limit caffeine, sugary drinks and/or energy drinks.
- Plan and prepare your meals and snacks in advance to avoid the temptation of fast food or food and snacks from vending machines.

## GET MOVING: STRETCHING & PHYSICAL ACTIVITY

Stretching can help reduce injury and muscle soreness, gain flexibility and promote physical fitness so take time to stretch before each shift, after lunch and as needed throughout the day.

- Hold each stretch for 10-20 seconds. Stretch your hands, arms, legs, back and neck. Repeat each stretch twice.

Get in the habit of moving your body. Routine physical activity can improve your sleep, mood and energy levels throughout the day. Consider taking a daily walk after dinner. Walking is a good low impact exercise that can help improve your sleep, ease tension and boost endorphins.

## STAY HYDRATED

Proper hydration can help with:

- Maintaining a normal body temperature.
- Lubricating and cushioning joints to reduce inflammation.
- Protecting your spinal cord and other sensitive tissues.
- Improving cognitive ability and brain function.

## PAY ATTENTION TO MENTAL HEALTH

Taking care of your mental wellness is essential for clear thinking and productivity.

- Be mindful. Find ways to relax and take a daily break from screens and technology.
- Work on improving the quality of your sleep.
- Head outdoors. A few minutes in the sun raises Vitamin D levels which is good for your bones, heart and mood.
- Spend time with others. People, by nature, are social. Staying connected keeps your mind active and improves mental well-being.
- Use your **EFAP (Employee and Family Assistance Program)**. EFAP is program for eligible employees and their families to help with problems affecting their work or home life. It provides support to resolve various challenges and improve your overall well-being.

## FREE BCFSC RESOURCES

Fit to Work



Stretching



Mental Health



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