

MyLifeExpert.com

Life, Health and You

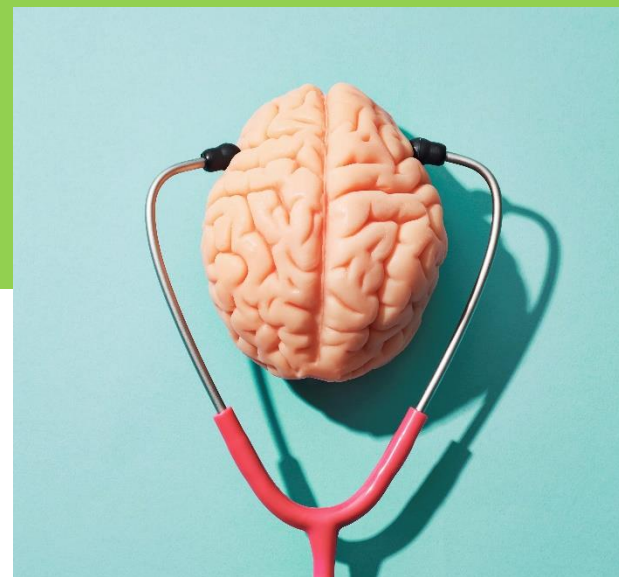
March 2023

Creating a Positive Work Environment

Your work environment can have a positive or negative effect on your daily life. “Positive” work environments can be defined as those workplaces where there is trust, cooperation, safety, risk-taking support, accountability, and equity. Whether your role is as an employee or a supervisor, there are ways you can exhibit trust and cooperation in the workplace:

- Model positive and respectful behavior in your interactions. Encourage an environment where it’s okay to make mistakes and move forward.
 - Show your gratitude and appreciation – Send a thank you note or say it during a meeting.
 - Celebrate wins – Look for ways to celebrate whether it’s an employee birthday or recognizing a milestone or achieving a goal. Honoring wins and milestones improves morale by encouraging the person and showing team members that important events are noticed and praised.
 - Listen – Be open and encouraging to hearing other’s opinions, ideas and solutions without judgment.
- Communicate often-- This helps keep people connected and feeling part of the larger team. Create clear goals – By creating goals and how each person is responsible for achieving them, it motivates and inspires an air of striving for betterment in the workplace.
- Foster collaboration and diversity – Teams are at their best when they are able to make the best use of their strengths and welcome different perspectives, ideas and opinions of their team members to extract the best solution or result.

Encouraging and promoting a positive work environment is essential to team success. No matter what position you may be in a company, you have a role and influence in helping spread the influence of a positive and healthy workplace.



Improving Brain Health

Good overall health can help you maintain your brain health. These tips can help you stay active and healthier physically and mentally:

- Choose healthy foods whenever possible
- Drink enough fluid
- Limit your use of alcohol
- Don’t smoke or use tobacco products
- Get enough sleep
- Make physical activity part of your routine
- Keep your mind active with learning, teaching, and volunteering
- Stay connected with loved ones, friends, and your community
- Manage chronic health problems like diabetes, high blood pressure, and high cholesterol

National Health Observances:



Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

Brain Injury Awareness Month: The theme for the current campaign is MORE THAN MY BRAIN INJURY
<https://www.biausa.org/changeyourmind>

Nutrition Month: This year's theme is "Fuel for the Future." <https://www.eatright.org/food/resources/national-nutrition-month>

March 3rd is National Employee Appreciation Day where Bosses have the chance to support, thank and reward workers. <https://www.timeanddate.com/holidays/us/employee-appreciation-day>

Mental Health Minute



A HEALTHIER YOU IN MIND, BODY, AND SPIRIT

CREATE BALANCE: a balanced life can mean many things, depending on culture, circumstances, resources, and other factors. Balance means making sure we have time to do the things that make us feel happy and fulfilled

EMBRACE SUPPORT FROM OTHERS: Talking with someone who has been through similar things makes us feel less alone. When we realize others have had similar feelings and experiences and have been able to move forward and grow, it can give us the confidence to move forward, too.

VALUE ROUTINES AND HABITS: Developing healthier routines and habits in our lives can lead to positive feelings, relationship satisfaction, increased energy, inspiration, and a feeling that we are using our creative talents, skills, and abilities to engage in activities.

LIVE MONTHLY WEBINAR:

Workplace Differences: A Matter of Style

Date: 3/8/2023 | Time: 1:30 PM to 2:30 PM EST

REGISTER FOR THIS EVENT

<https://attendee.gotowebinar.com/register/3607569545074421004>



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