

Healthy Lifestyle Awareness Month



February is healthy lifestyle awareness month; Health is a very important aspect of everyone's life as Ralph Waldo Emerson said "The first wealth is health.

Living or leading a healthy lifestyle is not only about watching what you eat or being consistent at the gym. It's also maintaining a good way of life from what you think or even your daily routine. When you create a healthy way of living you improve your thinking ability, relationships with those around you.

The RC Re-Connect alumni department shares tips on that can help you maintain a healthy lifestyle be it at work, your business and even at home since the current coronavirus pandemic has introduced a new norm in our lives of working remotely.

Get Enough sleep

Getting a goodnight's rest is very important for you to be productive at work. Brain functionality is very important to complete tasks, deadlines or any projects you are working on. Sleep also helps with knowledge retention and this could be great if you are still on the job training or learning new systems implemented at work.

Know how to manage stress

Work can get very stressful with working on different projects or tasks at some point it you can burnout or feel exhausted, you are human after all. If it gets to a stressful don't ignore it however manage it by doing things you love or enjoy, take a walk during your lunch break pick or find a spot that you like to spend your lunch breaks at. After work you can meet up with friends for dinner or a movie, if you are a busy body hit that gym session, take a jog with your friends. The point is to learn to relax and find balance which is very good for your health.

Try out healthier options as your meals

A healthy diet has a positive impact on the mind and body, when you maintain a healthy diet you are less likely to fall ill. This will help with your attendance at work and keeps you on top of your game with deadlines and task. Eating healthier options can also generally improve your mood provide you with more energy and you are less likely to feel sluggish or tired after your lunch meal if you chose to go for a healthier option your choice.

Keep your work area organized

Keeping your workspace clean and neat can be very beneficial, as you are able to find all your tasks easily or if you have a current task that needs past reference if your work is filed correctly you can easily go back and reference to that task. Packing your desk neatly every evening and arriving the next morning to a clean can have a pleasant effect on the day ahead. Always remember to keep wipes and/or sanitizing spray.