

 Papers

Well-being Notebook





#hereforyou

Positive effects of well-being

Unlocking Workplace Well-being: The Impact of Career Satisfaction and Environment on Overall Wellness and Performance.



Career well-being - liking what you do every day - has the strongest impact on overall well-being. People with high career well-being are more than twice as likely to be thriving in their life overall.

Source: Employee Wellbeing Starts at Work (gallup.com)



48% of employees believe that the workplace climate plays a key role in their well-being at work.

Source: Workplace Wellbeing: This is What the Stats Say About its Benefits - Team Insights



Employee well-being improves productivity by 31% and increases team creativity by 55%.

Source: Workplace Wellbeing: This is What the Stats Say About its Benefits - Team Insights



50% consider that the work environment has a significant impact on their health.

Source: Workplace Wellbeing: This is What the Stats Say About its Benefits - Team Insights

Mood tracker

Space to express your mood, feelings, your stress level, energy level.

Today I feel:

- | | | | |
|---------------------------------|----------------------------------|---------------------------------|-------------------------------|
| <input type="radio"/> grateful | <input type="radio"/> satisfied | <input type="radio"/> lonely | <input type="radio"/> annoyed |
| <input type="radio"/> happy | <input type="radio"/> productive | <input type="radio"/> sad | <input type="radio"/> tired |
| <input type="radio"/> proud | <input type="radio"/> calm | <input type="radio"/> depressed | <input type="radio"/> _____ |
| <input type="radio"/> motivated | <input type="radio"/> powerful | <input type="radio"/> angry | <input type="radio"/> _____ |

Why do I feel this way?

Three goals for this day

- ① _____
- ② _____
- ③ _____

Mood AM



Energy level AM



Stress level AM



Positive experiences today

- success at work
- meeting with friends
- time for family
- excursion
- sports activity
- good weather
- time in nature
- delicious food

Mood PM



Energy level PM



Stress level PM



Negative experiences today

- failure at work
- dispute
- criticism
- exclusion
- loneliness
- bad weather
- bad food
- fears



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How to spend a break at work

5 tips to improve your well-being

Engage in Relaxing Activities



Instead of constantly working, focus on activities that help you unwind. Brew a cup of tea, read a few pages of the book or do a deep breathing exercise (You can find an example exercise on page 6). Remember, taking breaks isn't a sign of laziness - regular breaks are crucial for staying happy, healthy and productive.

Enjoy a Healthy Snack & Stay hydrated



Prepare healthy snacks in advance so that when you get a break at work, you can enjoy it. Remember to choose whole grains, lean proteins, plenty of vegetables, and healthy fats to create a balanced and satisfying meal. Don't forget to drink water - around 2L per day.

Have some fresh air



Taking a break to get some fresh air during your workday can have numerous benefits for both your physical and mental well-being. It can enhance your focus and energy levels, ultimately boosting your productivity.

Avoid all screens



Given that most office jobs involve continuous screen use, it's essential to intentionally break away from screens during lunchtime. Instead of scrolling through your phone walk, do some stretching exercises - movement boosts circulation and energy.

Don't get stuck in a routine



Breaks are an opportunity to break free from monotony and recharge. Instead of always heading to the same spot, change your environment - discover a new park or quiet corner. Try to vary your break activities and chat with co-workers if you have the possibility.

Comics



When you are close to retirement, but your new colleague is just starting his career.



Three hours into the power-point presentation and Sydney the accountant thought he was still interesting.



Tom didn't realise that when we said exercise was good in your breaks, we meant outside!



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