

4 WAYS TO FEEL POSITIVE AT WORK



Up to 75 per cent of our week is spent in the office, so make it as stress-free as possible!

Peter Diaz



Karen Gately

1

MANAGE YOUR ENERGY

“When drained of energy, we’re more likely to think, feel and act in ways that undermine our success,” says HR specialist Karen Gately. “Working long and hard without taking breaks is likely to erode your happiness over time. Adequate sleep, food and water are all essential to maintaining happiness.”

2

WORK TOGETHER, PLAY TOGETHER

“Work social occasions are very important,” says Workplace Mental Health Institute founder Peter Diaz. “This doesn’t mean you have to drink, but we need to help more people get back into social activities. It should happen once a month or every two.”

3

COMPLIMENT YOUR COLLEAGUES

“Similar to a ‘secret Santa’ for Christmas is this ‘secret compliment’ exercise. You write a compliment about someone you work with, and then that person doesn’t know who wrote it. It’s a brilliant idea – you know someone admires you and why.”

4

ACTUALLY SMILE

“Have a ready smile for people,” says Peter. “It can brighten up another person’s day very quickly and make them feel connected. And having a smile on your face isn’t just going to make other people happy. Research shows that when you smile it tells your brain to make you happy.”