



Career Health

The Importance of Career Health

Employers care about career health, in part, because it makes financial sense—happy employees are more productive and take fewer sick days, and companies that rank high in employee happiness consistently outperform their competitors.

But for you, it's personal. Even if you can leave a bad work environment at the office, you shouldn't have to. After all, **the average person spends 90,000 adult hours working — that's over 10 years of your life!** It's important for your overall happiness to spend that time on something you care about.

An Unhappy Career Leads to Poor Health

Workplace stress is no small thing. Being bored, unhappy or uncomfortable at work causes your stress levels to spike and is a leading cause of stress for most adults. Stress at work costs you money through related healthcare problems, damages your health through repetitive-stress disorder or self-esteem issues, costs you sleep and causes you to feel emotionally disconnected.

section **01**

Your August Activity: Career Health Assessment

Are you satisfied with your current work environment? This simple quiz won't answer that question for you, but it'll give you plenty to think about.



Tips for Finding Happiness in the Workplace

Long-term career happiness combines a healthy work environment with a job that leverages your strengths and interests. But if you aren't in your dream role yet, you can still take steps to make your time at work more satisfying:

Let Things Go

That sounds blunt, but it's great advice—when problems arise, focus on productive fixes and move on. Bad moods can easily spread and no one benefits from an office feud.

Make To-Do Lists

Or find another way to structure your day. Organizing your workload will help you feel in control and makes it easier to prioritize.

Find a Way to Recharge

A walk around the block, 15 minutes in a local park, or an after-work tradition to look forward to—it doesn't matter what it is, just find a positive, refreshing way to reset when you're stressed.

Focus on What You Do Enjoy

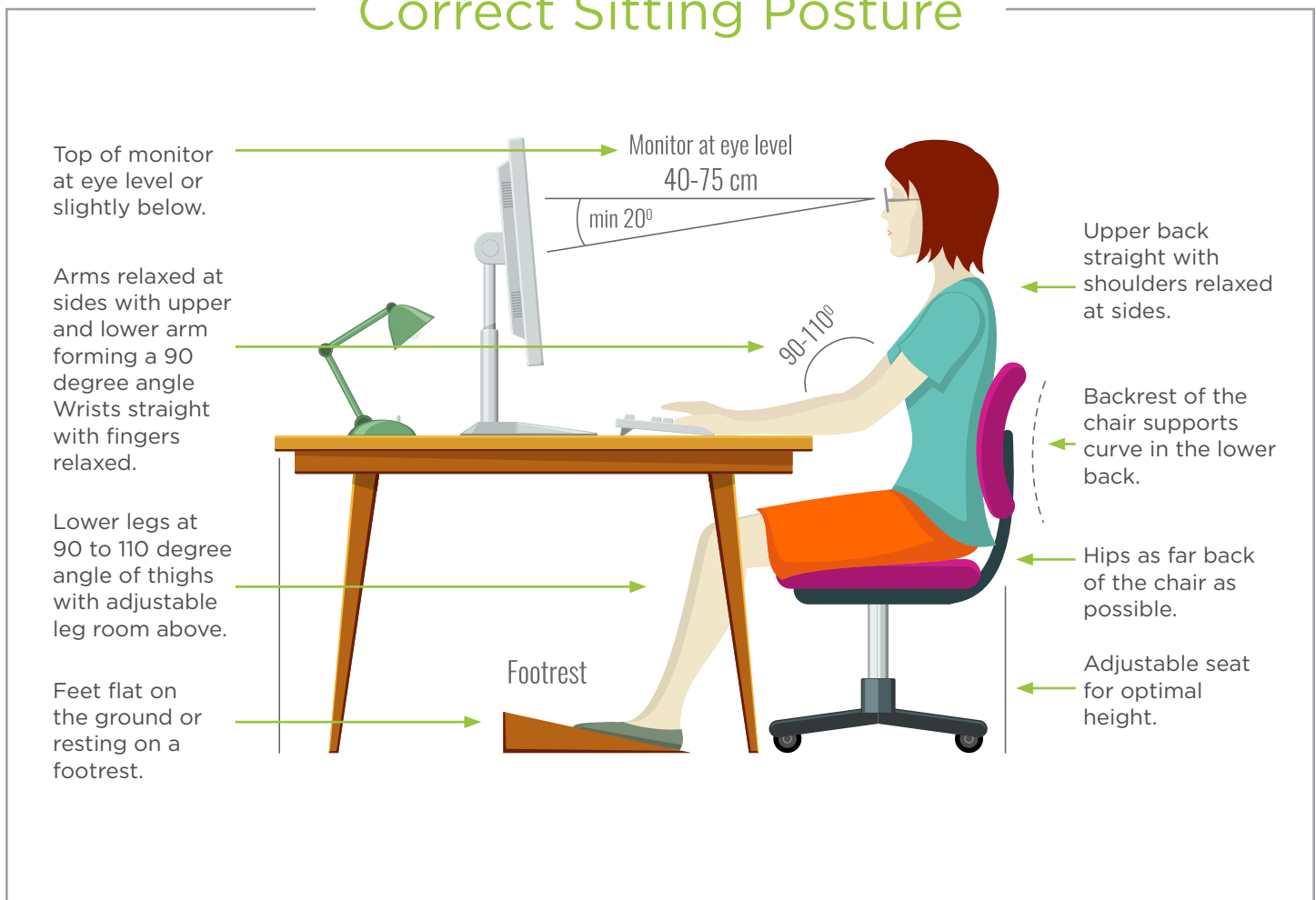
Don't let negative thoughts overwhelm the parts of your job that you do enjoy or areas where you make an impact. See what you can do to steer your workload toward those tasks!

Ergonomics and You

Ergonomics is the science of workplace design, with the end goal of reducing workplace injuries and employee fatigue. Most people feel the benefits of ergonomics at their desk area. Use these tips to avoid lower back pain, carpal tunnel syndrome and other repetitive-stress issues that stem from sitting at a desk for too long:

- Keep your upper back straight and your shoulders relaxed.
- Sit with your hips as far back in the chair as possible and your feet flat on the ground.
- The top of your monitor should be at eye level or slightly below.

Correct Sitting Posture



Avoid Snacks at the Office

Sticking to a healthy diet is difficult in an office environment. A busy schedule makes a quick, unhealthy meal the easiest option; a co-worker brings in homemade cookies and you feel rude saying no; an abundance of birthdays leads to too many celebratory slices of cake. Use these tips to prevent office snacking and keep your diet on track:

Tips for Healthy Snacking

- **Drink water and tea throughout the day.** You'll avoid the extra calories from sugary drinks and feel more full. In addition, green and black teas provide powerful antioxidants!
- **Don't place snacks in your line of sight.** Sit so that any candy or salty treats in your desk area are hidden from view, and find a snack-free place to take your breaks. It's easier to avoid temptation when it's not staring you in the face!
- **Stash healthy snacks at your desk.** That way, when you're hungry or tempted, you always know you have a healthy option.
- **Find a polite way to say no.** Jim really won't mind if you don't have a slice of birthday cake. Just make sure you tell him to have a great day.

Simple Healthy Snack Ideas

Fruit, dried fruit, nuts, protein bars, Greek yogurt with fruit or almonds, string cheese, turkey jerky, granola, vegetables with hummus dip, trail mix, protein shakes, roasted chickpeas.

It's not hard to find a healthy option if you're motivated to try!



August Recipe

Slow Cooker Pork with Walnuts and Apples

Let the slow cooker do the work for you and enjoy the results for days.

INGREDIENTS

- ½ cup reduced-sodium chicken broth
- ¼ cup pure maple syrup
- 2 tablespoons cider vinegar or lemon juice
- 2 teaspoons stone ground mustard
- 1 teaspoon dried rosemary
- 1 teaspoon garlic salt
- ½ teaspoon dried sage
- 1 onion, coarsely chopped
- 2 tablespoons olive oil or butter
- 2 lbs. pork loin or tenderloin, cut into 2-inch chunks
- 2 Granny Smith apples, peeled, cored and cut into 8 sections
- ½ cup walnuts, toasted and chopped

INSTRUCTIONS

1. In a slow cooker, combine broth, maple syrup, lemon juice, mustard, rosemary, garlic salt and sage.
2. Heat oil in a large skillet and sear pork until nicely browned on both sides.
3. Place the pork in the slow cooker; coat with mixture and top with onions.
4. Cover and cook for 2 1/2 hours.
5. Add apples, then cook for 30 minutes or until pork and apples are tender. Sprinkle with walnuts and serve.

Total Time (Cook and Prep): 360 minutes
Servings: 8 (about 1-1/4-cup)



NUTRITION INFO:

380 calories
 19 g fat
 110 mg cholesterol
 220 mg sodium
 16 g carbohydrates
 2 g fiber
 36 g protein