

— One Minute of — WELLNESS

Practicing self-care and healthful living are especially important during times of change. For a quick well-being boost, check out these one-minute tips created by Health Net. Please click on each title below to view the One Minute of Wellness tips.

Click on links

Tip 1 Preparing to Return to the Workplace

Ease into the workplace and create a smoother transition by preparing your mindset and taking time to organize your workspace.

Tip 2 Wardrobe Makeover and Sleep Schedule

Learn tips to transition from work-at-home attire to work-onsite attire and establish a routine for better sleep.

Tip 3 Plan Ahead to Reduce Stress

Explore techniques and tips to reduce stress before leaving for work like preparing your meals in advance and planning your commute.

Tip 4 Transparency and Easing Safety Concerns

Learn and understand COVID-19 safety policies for the workplace to ease safety concerns.

Tip 5 Ways to Focus on Well-Being

Reduce stress by getting adequate sleep and spending time in nature.

Tip 6 Practice Self-Care for a Healthy Mindset

Limit “negative noise” from the media and practice breathing techniques for a healthy mindset.

Tip 7 Improve Your Mood with Music and Laughter

Boost your mood and enhance immunity by listening to music and increasing laughter.

Tip 8 Practice Mindfulness for Productivity

Be present and focus on one thing to train your mind to be in the moment.