Staying Fit and Active on the Job – Working Healthy and Mindful

Description

Employees experience different physical and mental stressors in their daily work. These include, for example, excessive demands, stress, monotony, lack of autonomy, disruptions, varying shifts, and prolonged screen time. These stressors can lead not only to reduced performance but also to underlying health issues. In this e-training course, participants learn how to deal constructively with these stressors to remain healthy in the long term.

Traget Audience

Employees and (prospective) managers who want to do something for their health;
Employees and (prospective) managers who are under a lot of strain and/or are not physically fit

Learning Objectives

- Understanding physical and mental stressors
- Being able to maintain your own physical health
- Planning breaks and downtime effectively
- Taking good care of yourself
- Implementing mindfulness into your daily work routine