

How to Stay Healthy at Work

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Twenty years ago, NBC launched “The Office,” a sitcom modelled after a British television series. It played for nine seasons and boosted the careers of Steve Carell and John Krasinski. Production ended after nine seasons, but the show remains popular viewing on Amazon and NBC’s Peacock.

The “Office” focused on workplace camaraderie. Camaraderie and healthy workstyles can improve happiness and productivity. The following are tips for staying healthy and social whether working in an office or at home.

Tips

Boundaries – set boundaries with clients and colleagues to reduce stress.

Breaks – take breaks by standing up, stretching, and walking for bone/muscle health.

Diet – snack on fruit and vegetables to boost your immune system.

Ergonomics – upgrade chairs, desks, monitors, and keyboards to eliminate discomfort.

Fitness - exercise during the workday to maintain muscles and stay fit.

Friendship – stay social with daily breaks for small talk and lunch with associates, clients, and friends.

Hydration – drink 8 cups of water every day to keep joints lubricated and organs functioning.

Pollution - use ultraviolet lights and a personal air purifier to improve air quality.

Routine – establish a daily time for logging on/off from work to avoid burnout.

Sleep - get 7 to 8 hours/night of uninterrupted sleep to restore your body and recharge your brain.

Ventilation - open windows/dampers to deodorize and disperse bacteria and virus particles.

Conclusion

Staying healthy can improve your mood and job performance. Adopt healthy habits like staying hydrated, eating nutritious food, getting sleep, reducing caffeine, and staying connected with colleagues. For additional well-being tips, check the accompanying links to articles, books, and websites.

Articles

Mary Anne Dunkin, [Immune System Busters and Boosters](#), WebMD, Jun. 29, 2023.

Amy Greywit, [12 Steps to a Healthier and Happier Law Firm](#), San Francisco Lawyer, Jul. 5, 2018.

Rebecca Howlett, [Healthy Lifestyle Tips for Lawyers](#), GP Solo, Oct. 10, 2022.

Sharon Nelson and John Simek, [Lawyers Need a Digital Detox](#), Wisconsin Lawyer, Nov. 13, 2018.

Staff, [Office Ergonomics](#), Mayo Clinic, Mar. 12, 2024.

Books

Debra Austin, [Lawyer’s Guide to Well-Being and Better Job Performance](#), Cambridge University Press, May 9, 2024.

Jeena Cho and Karen Gifford, [The Anxious Lawyer](#), ABA Book Publishing, Jul. 13, 2022.

Nathan LeBrasseur and Christina Chen, [Healthy Aging](#), Mayo Clinic Press, Jan. 9, 2024.

Stewart Levin, [Guide to Physical, Mental, Emotional and Spiritual Wellness](#), ABA Book Publishing, Aug. 23, 2018.

David Soley, et al., [Trial Lawyer’s Guide to Success and Happiness](#), ABA Book Publishing, Apr. 11, 2016.

Websites

[American Bar Association](#)

[Centers for Disease Control](#)

[Cleveland Clinic](#)

[Mayo Clinic](#)