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5 TIPS for less stress in the office



April is Stress Awareness Month, which means it's the perfect time to reduce the stress in your work life. Use these 5 tips to guide you:

Tip #1: Drink plenty of water. Stock up on bottles to use at your desk or for meetings. Or make frequent trips to your office's water dispenser. Crisp, cold water gives you a boost during the day.

Tip #2: Don't eat alone. No need to eat at your desk. Socialize with colleagues in your breakroom. A well-stocked, clean breakroom lends to happy dining.

Tip #3: Declutter and organize. Get rid of items that serve no purpose and file away paperwork that you don't need right away. Use a calendar or planner to keep you on track.

Tip #4: Clean your workspace. After your space is organized, clean your workspace just like you would your home. You do spend most of your day there!

Tip #5: Sit comfortably. Don't let your desk job take a toll on your body. Choose an ergonomic chair that offers lumbar support to improve posture and reduce leg tension.

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