

Workplace Wellness: Priorities in Action

Health is a state of being associated with freedom from disease and illness. Wellness is a positive component of health; sense of well-being; a product and it includes a person's ability to function effectively in meeting the demands of the day's work and to use free time effectively. It is connected to the possession of useful motor skills and good physical fitness. Both of these are needed to make full use of an effective wellness program in the workplace.

Creating a culture of wellness at work means adopting the approach of increasing the quality of work life and can be well worth the investment but in most cases it takes a significant paradigm shift in culture on the part of both employers and employees for the seeds of wellness to take hold and bear fruit. If employees do not feel like they can take the time to take care for themselves and leadership does not support and promote the healthy interests that might already be in place then wellness will not be seen as a priority.

NOTES

