

ENHANCE WORKPLACE WELLBEING



How UCI staff can enhance workplace wellbeing while working...

ON CAMPUS



UCI has more than 30,000 trees on its main campus. **During your work breaks, explore the open spaces of campus**, including [Aldrich Park](#), the [Ecological Preserve](#), and the [San Joaquin Marsh](#).

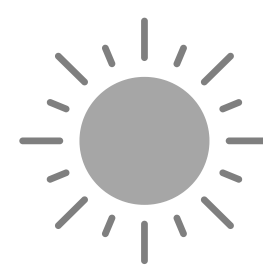


Check out the [Ant-Trails walking maps](#) to explore different length walks around the campus and medical center.

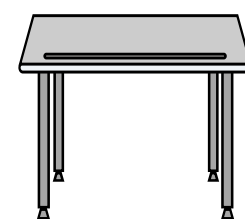
Did You Know?

Studies show that introducing plants to the workplace lowered tension and anxiety levels by **37 percent**, and reduced fatigue and stress by **38 percent**. A NASA study also revealed that indoor plants can reduce air pollutants by **87 percent** within a **24-hour** timeframe.

REMOTELY FROM HOME



Make use of natural daylight at home by opening curtains and blinds. According to [studies](#), natural light boosts vitamin D, enhances sleep, increases productivity, and improves mood.



Make your home workspace ergonomically-friendly through simple practices, like placing your feet up to increase circulation, elevating your laptop to eye level, and using pillows for added back support. For more ideas, [visit EH&S's ergonomic tips for remote work](#).



Move your body with UCI Campus Recreation's [Anteaters At Home Fitness Videos](#), on-demand fitness videos including F45 and yoga.

ON CAMPUS OR REMOTELY



If possible, position your workspace to have a view of nature (trees, plants, hills, mountains, skies, water). Exposure to nature is said to increase productivity and attention span by six percent, [learn more here](#).



Incorporate greenery into your workspace. Get inspired by [this list](#) of the best indoor plants.



Practice ergonomic exercises to help relieve tension in the neck, shoulders, and back. [Incorporate these exercises](#) into your workday.



[Watch free stress management videos](#) available on-demand in the Wellness Adds Up video library.