# ENHANCE WORKPLACE WELLBEING

How UCI employees 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.