Stick to Your New Year’s Resolution

It’s February—are you sticking to your New Year’s resolution? Most people are slacking off. Don’t let that happen to you. None of us works toward challenging goals consistently and without speed bumps. This is especially true when trying to break unhealthy habits or establish healthy ones. Note what happened to get you off track, and make adjustments. Then, avoid those circumstances and start again. It doesn’t matter how many times you start over as long as you reach your goal. To energize yourself, look at your life’s previous successes and keep going. Rule #1: Never let a setback become evidence that you can’t do it. Look at your previous successes, and keep going.

Tips for Better Performance Reviews

Your performance review is your time to shine. To increase the odds of a positive review with fewer unpleasant surprises, meet with your supervisor to discuss specific goals you would like to accomplish over the next year. Write them down. Find time every three months to meet with your boss for 15 minutes to discuss performance, the goals you’re working toward, and three key performance measures—quality of work, quantity of work, and initiative. Ask for feedback, and note concerns. At each meeting, discuss progress, especially any concerns discussed at the last meeting.

Exercise and Osteoarthritis

Researchers recently concluded a study and found the minimum amount of exercise per week necessary to help persons suffering with osteoarthritis (OA) in their lower limbs. The minimum is 45 minutes per week. Because OA sufferers experience pain, some resist exercise and struggle with maintaining the 150 minutes of exercise per week broken into a minimum of 10-minute periods as recommended by the U.S. Centers for Disease Control. This discovery of a new minimum time period to help improve functioning gives OA sufferers a more reachable goal to sustain health.

Real Power in a Smile

If you are on the front line of customer service, you’ve heard it a thousand times—“Smile!” What you may not know is the effect of smiling. Smiling is not just about looking inviting to customers. It is also a tool to help influence their attitude to produce a state of agreeability. Customer service is about pleasing the customers, of course, but engaging them in an atmosphere of positivity reduces your stress, minimizes risk of conflict, improves the bottom line, transforms your attitude, and allows you to go home at the end of the day more satisfied with your job. That’s a lot of power from a smile.

Source: www.northwestern.edu [search: “older adults arthritis”]

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Fun at work improves employee engagement, morale, and productivity, according to numerous research investigations. Fun is not games and jokes, as you might first imagine. According to researchers, fun at work means fun activities, coworker socializing, and manager support for fun. All three are interdependent. There is a direct link between an improved bottom line and fun at work. That link includes increased energy, motivation, and employee willingness to naturally go beyond their regular responsibilities to take on additional roles and make more contributions to their job and the work organization. How do you come up with “fun at work” ideas? Check out the latest resource on workplace fun, “The Funomenal Workplace” (2016) by Tony Brigmon.