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5 Research-backed ways to become more happy and productive at work are below:

1. Incorporating movement and physical activity: walking for just five minutes every hour

- **Research:** A study published in the *British Journal of Sports Medicine* found that short bursts of physical activity, like walking for five minutes every hour, can improve cognitive performance, reduce stress, and boost overall well-being. This type of movement helps improve blood circulation, preventing mental fatigue and promoting alertness.
- **Source:** Dunstan, D. W., Howard, B., Healy, G. N., & Owen, N. (2012). "Too much sitting: The population-health science of sedentary behavior." *Exercise and Sport Sciences Reviews*, 40(3), 106-113.

2. Do not watch or read negative news in the morning before going to work

- **Research:** Studies show that exposure to negative news in the morning can lead to increased levels of stress, anxiety, and negativity, which can affect productivity and mood throughout the day. A study by *Psychological Science* found that consuming negative media affects people's emotional state and decision-making abilities, which can result in poorer work outcomes.
- **Source:** Soroka, S., & Wlezien, C. (2010). "A two-step model of media effects." *The Journal of Politics*, 72(1), 3-22.

3. Saying "no" more often: Setting clear boundaries

- **Research:** Research from the *Journal of Occupational Health Psychology* suggests that setting clear boundaries and learning to say no reduces stress and prevents burnout. In fact, individuals who practice boundary-setting are less likely to experience job-related stress and are more productive and happier in their roles.
- **Source:** Maslach, C., & Leiter, M. P. (2016). "Burnout: A multidimensional perspective." *In Stress and Health* (pp. 103-126). Springer, Dordrecht.

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4. Stay hydrated: The link between hydration and cognitive function

- **Research:** Studies have shown that hydration directly influences cognitive function, mental clarity, and focus. Research published in the *Journal of Nutrition* found that dehydration negatively affects mood, energy levels, and attention, making hydration an essential component of productivity and happiness at work.
- **Source:** Pross, N., Finkelstein, E. A., & Borra, S. (2013). "Hydration status and cognitive performance." *Journal of Nutrition Education and Behavior*, 45(1), 1-5.

5. Keep a gratitude journal

- **Research:** Research conducted by Positive Psychology found that keeping a gratitude journal improves overall happiness and reduces stress. A study in the *Journal of Research in Personality* revealed that individuals who practiced gratitude regularly experienced higher levels of positive emotions, greater satisfaction with life, and improved well-being at work.
- **Source:** Emmons, R. A., & McCullough, M. E. (2003). "Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life." *Journal of Personality and Social Psychology*, 84(2), 377-389.

THANK YOU FOR BEING HERE!

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