

HR Club

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The Importance of Happiness in the Workplace



Many people feel that if they become successful at work, they will automatically become happy. It’s important to become happy, which will then help you become a success. It’s important to organizations for employees to be happy, and not just for the employees themselves.

The greatest competitive advantage in the modern economy is a positive and engaged

workforce. Being happy is the key to everything you do because if you are not happy, the output will not be good. Everyone at work can consciously help themselves to thrive more. Some basic strategies involve managing energy by sleeping well, eating a balanced diet that includes frequent high-protein snacks, and taking breaks, ideally every 90 minutes.



Read More:

<http://content.wisestep.com/the-importance-of-happiness-at-work-ways-it-matters>