

Health Matters

Fortify Against The Flu At Work With Feng Shui

(NAPSA)—Chances are your job makes you sick—literally. According to one recent survey, conducted by Morar Consulting for Staples, 73 percent of American workers report catching a cold or the flu at work. Fortunately, there are ways employers and office managers can reduce this risk for employees. To help maximize total well-being this season, Staples, along with Feng Shui expert Susan Chan, created energy-enhancing tips for your office space.

Make Your Office A Flu-Free and More Zen Zone

- According to the Centers for Disease Control and Prevention, the flu virus can live for up to 48 hours after being left behind on a surface, so make sure employees have access to surface-cleaning wipes and hand sanitizers.

- Fixes that improve air quality not only help overall office health traditionally, but also holistically, by improving energy flow. Solutions include: dusting air vents regularly, opening windows whenever possible, introducing plants, which are natural air purifiers, or purchasing air purifiers and filters.

- Replace fluorescent lighting with full-spectrum lights (lighting that mimics natural light) or add a full-spectrum lamp to your desktop to use during the day. Office managers can use the Staples Business Advantage program to purchase these lights for the office.

- Use upward-facing lighting as much as you can. Chan says it lifts chi and overall energy.

- Introduce revitalizing colors. Green and purple are considered wood elements in Feng Shui. Lush and healing, wood elements bring the energy of vibrant health, vitality and growth to a workspace. Yellows, Chan says, promote health and help you feel ground-



Improve total wellness and enhance office energy this flu season by pairing common flu-preventing activities, such as promoting regular hand washing and disinfecting surfaces, with Feng Shui principles.

ed. These colors can be added in the form of photos, images or accent pieces such as desk accessories.

- Add natural elements such as living things to common areas, like plants or a fish tank, to promote optimum chi.

- These tips can apply to employee workspaces and common areas. Keep common areas such as breakrooms and conference rooms uncluttered to help workers feel smooth energy.

- Encourage staff to return things to where they belong to stay focused and conscientious.

- Keep the doors to conference rooms open between meetings to promote airflow.

Learn More

For more information on how to fight the flu, visit Staples Health & Wellness Center at www.staplesadvantage.com/healthandwellness. Office managers and decision makers can visit StaplesAdvantage.com for everything from design tips to improve office energy and productivity to whatever you may need to increase total wellness. Learn more about Feng Shui and its principles at www.fengshuicreative.com.