**World Health Day 2025**

Healthy beginnings, hopeful futures



**World Health Day is observed on April 07 every year. This day marks anniversary of the founding of the World Health Organization (WHO) in 1948. Each year, World Health Day is used as an opportunity to draw attention to a specific health topic that affects people all over the world. By emphasising one a particular theme every year, World Health Day encourages governments, healthcare organisations, and individuals to work collectively toward improving health standards and access to healthcare.**

### Theme for World health Day 2025

**The theme for World Health Day 2025 is 'Healthy beginnings, hopeful futures.**

## Tips to help you stay healthy while at work

### 1. Maintain good posture

Sitting for long hours can strain your spine and muscles. Make sure your chair supports your lower back, your computer screen is at eye level, and your feet rest flat on the floor. Good posture reduces the risk of back pain, fatigue, and long-term musculoskeletal problems. Adjust your workstation ergonomically and remind yourself to sit upright throughout the day.

### 2. Take frequent breaks to move around

Long sitting hours are linked to health issues like obesity, heart disease, and poor circulation. Stand up every 30–60 minutes, stretch, or walk around the office. Even light movement improves blood flow, re-energies you, and reduces stiffness and fatigue. Set reminders or use apps to encourage movement throughout the day.

### 3. Stay hydrated

Dehydration can lead to headaches, tiredness, and poor concentration. Keep a water bottle at your desk and sip regularly. Aim for at least 6–8 glasses of water daily. Herbal teas and fruits like oranges or cucumbers can also help keep you hydrated. Avoid too much caffeine, which can dehydrate you and disrupt your energy levels.

### 4. Eat healthy snacks

Swap chips and cookies for nutritious snacks like nuts, fruits, yogurt, roasted chickpeas, or granola bars. These options provide long-lasting energy, avoid sugar crashes, and keep you feeling full and focused. Avoid skipping meals and carry home-cooked lunches when possible for better portion control and nutrition.

### 5. Manage screen time

Staring at screens all day can cause eye strain, dry eyes, and headaches. Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds. Adjust screen brightness and position your screen to reduce glare. Blink often and take occasional eye breaks to prevent strain.

### 6. Practice deep breathing or meditation

Work stress is inevitable, but managing it is key. Take short breaks to practice deep breathing, mindfulness, or even a quick meditation session. These practices help lower cortisol levels, calm your mind, and improve focus and emotional balance. Just 5 minutes of deep breathing can make a noticeable difference.

### 7. Keep your workspace clean and organised

A cluttered desk can create mental clutter. A clean, tidy workspace reduces distractions, boosts efficiency, and lowers stress levels. Wipe down your desk regularly to avoid germs, especially if you eat at your desk. Personalising your space with a plant or calming item can also improve mood.