

The Connection Between Wellness and Career Success

Students graduate college and start their career
They contribute to society, yet problems may appear
If they do not prioritize their health
Physical wellness is more important than accumulated wealth
People can excel with a strong body and mind
Leading to a productive workforce for all of mankind

Daily exercise is essential for staying fit
A necessity for jobs that often require employees to sit
Including receptionists, software developers, and bus drivers too
Ensuring increased focus in ventures they pursue
Intense careers necessitate eating nutritious meals
Reducing illness and allowing the body to rapidly heal

Employers must have resources to assist with mental well-being
There may be pain under a facade of sunshine they are seeing
Living in a digital age where online connections leave us feeling more alone
Can lead to a maelstrom of conflicting feelings finally shown
Maintaining mental health is a catalyst for making good choices
The buzz of chattering coworkers replaces the internal screaming voices

Facing adversity is a trait that everyone should possess
It drives workplace success, both employers and employees acquiesce
By overcoming daily challenges and small struggles
One can take a step back from all the activities they juggle
To see the bigger picture, starting with the end in mind
An empty freeway ahead, traffic and speed bumps behind

Future employers will have a heavy emphasis on employee satisfaction
Investing in gym equipment and reducing job stress costs a fraction
Of what will be made in the future with increased productivity
The sky's the limit for corporate creativity
A healthy work-life balance to reduce anxiety and depression
Will pave the way for advancement in every profession