

# I Love Life and Will Thrive

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## Abstract

The well-being and health of an employee require a work-life balance. Hypertension and stress are intertwined. The health and well-being of employees should be a priority for human resources managers to increase their organizational outcomes. Therefore, it is the motivation of human resources managers to help employees stay well and have better job commitment, performance, satisfaction, and retention.

## I Love Life and Will Thrive

The mindset is a setback or reset for all people. Each person's will to thrive is an instinct of all humans (Silberberg & Thyer, 2023). However, life happens at the speed of living and is in constant motion with multiple inputs and outputs that affect our physical, emotional, and mental well-being impacting an employee's work (Dallmeyer et al., 2023; Ross-Williams, 2022). A joyous moment can become a bittersweet moment and a bittersweet moment can become joy. Therefore, everyone should say I love life (ILL) and I will thrive. Thus, each person must embrace their course in the race of life. This means the obstacles on their course range from work-life balance to their health. Hence, the word that matters the most is health.

## I Love Life

Love is an action that each person must take to preserve their physical, emotional, and mental health. This is especially important for working people that lack work-life balance which will cause a deficiency in their physical, emotional, and mental well-being (Ross-Williams, 2022). The extrinsic desires for more money, benefits, and comforts in life are tangible motivations. Unfortunately, causing many to forget the intangibles of good health, happiness, and love are priceless treasures and negatively impact family life (Gomez, 2023). Working people should remind themselves daily that I Love Life (ILL) and will thrive.

Love requires the mind, body, and soul to align with one another. Life requires love to thrive amid the chaos of living in society. Therefore, the ability to thrive begins with each person understanding the intangibles require equal or more attention than their tangibles (Hamid et al., 2019). Human resources management has incorporated medical recommendations for employee relations. A holistic approach by human resources management teams requires them to incorporate doctors' recommendations to prevent health issues rather than respond to accommodations from stressed induced

health conditions (Ross-Williams, 2022). A holistic approach to employee relations allows employees time to exercise, bond with their families, take nature walks, and have spiritual connections so they can thrive.

It is paramount that employers value the well-being of their employees, so stress does not create unhealthy workers. The organizational outcomes are better when the employees are physically, emotionally, and mentally healthy because they will have higher job satisfaction which leads to higher commitment, performance, and retention (Dallmeyer et al., 2023). Most employee illnesses are the result of stress from a lack of work-life balance (Ross-Williams, 2022). The medical community recommends less stress, exercise, and healthier diets once a patient develops hypertension (Ross-Williams, 2022). Hence, human resources managers should incorporate these recommendations in employee relations.

## Conclusion

It is the new I love life and will thrive, mindset that people, need to embrace as individuals and collectively as a society. Stress is the cause of many health problems, especially hypertension (Ross-Williams, 2022). Hence, work-life balance is a health matter and an employment practice that benefits society (Nehra, 2023; Ross-Williams, 2022). Love is the energy source of life that requires a collective effort from employers and employees to create a healthy workforce and society.

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