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Letter to Editor

Workplace rules for happy life

Y. Eben Jeya Roy^{1,2,3*}

¹American Health Information Management Association, United States of America

²Integrated Financial and Human Resources Management System, United States of America

³Institute of Health Records and Information Management, England



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1. Trust no one but respect everyone.
2. What happens in office, remain in office. Never take office gossips to home and vice versa.
3. Enter office on time, leave on time. Your desktop is not helping to improve your health.
4. Never make Relationships in the work place. It will always backfire.
5. Expect nothing. If somebody helps, feel thankful. If not, you will learn to know things on your own.
6. Never rush for a position. If you get promoted, congrats. If not, it doesn't matter. You will always be remembered for your knowledge and politeness, not for your designation.
7. Never run behind office stuff. You have better things to do in life.
8. Avoid taking everything on your ego. Your salary matters. You are being paid. Use your assets to get happiness.
9. It doesn't matter how people treat you. Be humble. You are not everyone's cup of tea.
10. In the end nothing matters except family, friends, home, and Inner peace.

Mental Health at work place

(http://www.who.int/mental_health/world-mental-health-day/2017/en/)

Author biography

Y. Eben Jeya Roy, Consultant in Medical Records

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World's Mental health day theme by WHO.

* Corresponding author.

E-mail address: ebenjeyaroy@yahoo.co.in (Y. Eben Jeya Roy).