**The concept of the prevention of the negative consequences of work overloading based on positive interactions between work and life and promotion of employee healthy behaviors**

**Key words:** work overloading, employee wellbeing, work life balance, health behaviors, workplace health promotion, workplace health program, enterprises, corporate wellness

Article is a part of a discussion on the concept of corporate wellness, which forms the basis for developing the health culture of the organization. The issue of care for the psychological and physical condition of the employee originally was popularized in American corporations in the 80's, then came to Europe, actually it starts to play important role in enterprises in Poland. As a result of increasing of employers interest of the real need of study assessing the impact of various factors relating to workers wellbeing, the enterprises started to develop special programs to promote health in their workplace (workplace health programs). According to this, the main aim of this article is to identify the negative health consequences resulting of work overloading and the lack of work-life balance, as well as to present the characteristics of positive health behaviors in the workplace as a form of counteracting them. Moreover, the goal of the paper is also to analyze two examples of good practice in the field of comprehensive health programs implemented in the company Mars Poland and in the Belgian branch of Protected & Gamble. Based on a foreign and domestic literature review authors propose the model describing the relationship between the individual variable affecting the wellbeing of the worker. In this model, it is assumed that for the employee’s regeneration the crucial meaning has the interaction between work and life and worker’s health behaviors such as physical activity and the rest after work (sleep). Theoretical assumptions presented in this paper will be the starting point for the planned research in Polish enterprises. The aim of this study will be to identify ways of preventing the negative effects of work overloading through the promotion of healthy behaviors in the workplace and supporting the employee in building a positive work-life interaction.