

WELLNESS IDEAS FOR EMPLOYEES

WELLNESS IDEAS FOR EMPLOYEES: BOOSTING MORALE AND PRODUCTIVITY

FEELING BURNT OUT? STRESSED OUT? YOU'RE NOT ALONE. MANY EMPLOYEES STRUGGLE TO MAINTAIN A HEALTHY WORK-LIFE BALANCE, IMPACTING THEIR PRODUCTIVITY AND OVERALL WELL-BEING. BUT WHAT IF YOU COULD INJECT SOME MUCH-NEEDED WELLNESS INTO YOUR WORKDAY? THIS COMPREHENSIVE GUIDE IS PACKED WITH ACTIONABLE WELLNESS IDEAS FOR EMPLOYEES, DESIGNED TO BOOST MORALE, INCREASE PRODUCTIVITY, AND CREATE A HAPPIER, HEALTHIER WORKPLACE. WE'LL EXPLORE PRACTICAL STRATEGIES, FROM SIMPLE MINDFULNESS EXERCISES TO COMPANY-WIDE INITIATIVES, SHOWING YOU HOW TO PRIORITIZE EMPLOYEE WELL-BEING AND REAP THE REWARDS. LET'S DIVE IN!

1. MINDFULNESS AND MENTAL WELL-BEING: FINDING YOUR CALM AMIDST THE CHAOS

IN TODAY'S FAST-PACED WORK ENVIRONMENT, STRESS IS INEVITABLE. BUT CHRONIC STRESS CAN LEAD TO BURNOUT, DECREASED PRODUCTIVITY, AND EVEN HEALTH PROBLEMS. THAT'S WHY INCORPORATING MINDFULNESS PRACTICES IS CRUCIAL. HERE ARE A FEW SIMPLE YET POWERFUL TECHNIQUES:

GUIDED MEDITATIONS: MANY FREE APPS (LIKE CALM OR HEADSPACE) OFFER GUIDED MEDITATIONS SPECIFICALLY DESIGNED FOR WORKPLACE STRESS REDUCTION. EVEN 5-10 MINUTES A DAY CAN MAKE A SIGNIFICANT DIFFERENCE.

DEEP BREATHING EXERCISES: A SIMPLE, YET HIGHLY EFFECTIVE TECHNIQUE. PRACTICE BOX BREATHING (INHALE FOR 4 SECONDS, HOLD FOR 4, EXHALE FOR 4, HOLD FOR 4) THROUGHOUT THE DAY TO CALM YOUR NERVOUS SYSTEM.

MINDFUL WALKING BREAKS: INSTEAD OF SCROLLING THROUGH SOCIAL MEDIA DURING YOUR BREAK, TAKE A MINDFUL WALK. PAY ATTENTION TO YOUR SENSES – THE FEEL OF THE GROUND BENEATH YOUR FEET, THE SOUNDS AROUND YOU, THE FRESH AIR.

DESIGNATED "QUIET TIME": ENCOURAGE EMPLOYEES TO TAKE SHORT BREAKS THROUGHOUT THE DAY TO DISCONNECT FROM THEIR WORK AND ENGAGE IN RELAXING ACTIVITIES.

2. ERGONOMICS AND PHYSICAL HEALTH: SETTING UP YOUR WORKSPACE FOR SUCCESS

POOR POSTURE AND AN IMPROPERLY SET-UP WORKSPACE CAN LEAD TO CHRONIC PAIN AND DECREASED PRODUCTIVITY. PRIORITIZING ERGONOMICS IS ESSENTIAL FOR EMPLOYEE WELL-BEING:

ADJUSTABLE DESKS: INVESTING IN ADJUSTABLE DESKS ALLOWS EMPLOYEES TO SWITCH BETWEEN SITTING AND STANDING THROUGHOUT THE DAY, IMPROVING POSTURE AND CIRCULATION.

ERGONOMIC CHAIRS: ENSURE EMPLOYEES HAVE COMFORTABLE, SUPPORTIVE CHAIRS THAT PROMOTE GOOD POSTURE. CONSIDER OFFERING CHAIR ASSESSMENTS TO HELP EMPLOYEES FIND THE BEST FIT.

MONITOR PLACEMENT: THE TOP OF THE MONITOR SHOULD BE AT OR SLIGHTLY BELOW EYE LEVEL TO PREVENT NECK STRAIN.

KEYBOARD AND MOUSE PLACEMENT: KEEP YOUR KEYBOARD AND MOUSE CLOSE TO YOUR BODY TO AVOID REACHING AND STRAINING.

REGULAR STRETCHING AND MOVEMENT: ENCOURAGE EMPLOYEES TO GET UP AND MOVE AROUND EVERY 30-60 MINUTES TO IMPROVE CIRCULATION AND PREVENT STIFFNESS.

3. HEALTHY EATING HABITS: FUELING YOUR BODY AND MIND

WHAT WE EAT DIRECTLY IMPACTS OUR ENERGY LEVELS, MOOD, AND OVERALL WELL-BEING. PROMOTING HEALTHY EATING HABITS IN THE WORKPLACE IS A POWERFUL WELLNESS STRATEGY:

HEALTHY SNACK OPTIONS: PROVIDE HEALTHY SNACKS IN THE BREAKROOM, SUCH AS FRUITS, VEGETABLES, NUTS, AND YOGURT.

NUTRITION WORKSHOPS: OFFER WORKSHOPS OR SEMINARS ON HEALTHY EATING AND NUTRITION.

HEALTHY LUNCH OPTIONS: ENCOURAGE EMPLOYEES TO PACK HEALTHY LUNCHES OR UTILIZE NEARBY HEALTHY RESTAURANTS.

HYDRATION STATIONS: ENSURE ACCESS TO CLEAN, FILTERED WATER THROUGHOUT THE WORKPLACE.

4. ENCOURAGING PHYSICAL ACTIVITY: MOVEMENT BREAKS AND TEAM ACTIVITIES

REGULAR PHYSICAL ACTIVITY IS VITAL FOR BOTH PHYSICAL AND MENTAL HEALTH. INCORPORATE THESE IDEAS TO BOOST EMPLOYEE ACTIVITY LEVELS:

WALKING MEETINGS: FOR SUITABLE MEETINGS, SUGGEST WALKING MEETINGS TO COMBINE WORK AND EXERCISE.

ON-SITE FITNESS FACILITIES: CONSIDER PROVIDING ON-SITE GYM ACCESS OR SUBSIDIZED GYM MEMBERSHIPS.

TEAM SPORTS AND ACTIVITIES: ORGANIZE TEAM SPORTS, LIKE VOLLEYBALL OR BASKETBALL, OR PARTICIPATE IN GROUP FITNESS CLASSES.

WELLNESS CHALLENGES: IMPLEMENT COMPANY-WIDE WELLNESS CHALLENGES, SUCH AS STEP-COUNT COMPETITIONS OR FITNESS TRACKING INITIATIVES. OFFER INCENTIVES FOR PARTICIPATION AND ACHIEVING GOALS.

5. STRESS MANAGEMENT TECHNIQUES: BUILDING RESILIENCE AND COPING MECHANISMS

STRESS IS UNAVOIDABLE, BUT LEARNING EFFECTIVE COPING MECHANISMS IS CRUCIAL. OFFER RESOURCES AND TRAINING ON STRESS MANAGEMENT TECHNIQUES:

STRESS MANAGEMENT WORKSHOPS: PROVIDE WORKSHOPS FOCUSING ON STRESS REDUCTION TECHNIQUES LIKE YOGA, MEDITATION, OR DEEP BREATHING.

EMPLOYEE ASSISTANCE PROGRAMS (EAPs): OFFER CONFIDENTIAL COUNSELING AND SUPPORT SERVICES TO EMPLOYEES WHO NEED HELP MANAGING STRESS OR OTHER PERSONAL CHALLENGES.

MENTAL HEALTH AWARENESS CAMPAIGNS: RAISE AWARENESS ABOUT MENTAL HEALTH ISSUES AND ENCOURAGE EMPLOYEES TO SEEK HELP WHEN NEEDED.

FLEXIBLE WORK ARRANGEMENTS: OFFER FLEXIBLE WORK OPTIONS, SUCH AS TELECOMMUTING OR FLEXIBLE HOURS, TO REDUCE STRESS AND IMPROVE WORK-LIFE BALANCE.

6. SOCIAL CONNECTION AND TEAMWORK: FOSTERING A SUPPORTIVE WORK ENVIRONMENT

STRONG SOCIAL CONNECTIONS ARE VITAL FOR WELL-BEING. ENCOURAGE TEAMWORK AND SOCIAL INTERACTION:

TEAM-BUILDING ACTIVITIES: ORGANIZE REGULAR TEAM-BUILDING ACTIVITIES TO FOSTER CAMARADERIE AND COLLABORATION.

SOCIAL EVENTS: HOST SOCIAL EVENTS OUTSIDE OF WORK HOURS, SUCH AS COMPANY PICNICS OR HOLIDAY PARTIES.

OPEN COMMUNICATION: FOSTER AN ENVIRONMENT WHERE EMPLOYEES FEEL COMFORTABLE COMMUNICATING THEIR NEEDS AND CONCERNS.

EMPLOYEE RECOGNITION PROGRAMS: RECOGNIZE AND REWARD EMPLOYEES FOR THEIR CONTRIBUTIONS TO CREATE A POSITIVE AND APPRECIATIVE WORK ENVIRONMENT.

CONCLUSION

INVESTING IN EMPLOYEE WELLNESS IS NOT JUST A NICE-TO-HAVE; IT'S A CRUCIAL ASPECT OF CREATING A THRIVING AND PRODUCTIVE WORKPLACE. BY IMPLEMENTING THESE WELLNESS IDEAS FOR EMPLOYEES, YOU CAN SIGNIFICANTLY IMPROVE MORALE, BOOST PRODUCTIVITY, AND CREATE A HAPPIER, HEALTHIER WORK ENVIRONMENT FOR EVERYONE. REMEMBER, A HEALTHY AND HAPPY WORKFORCE IS A SUCCESSFUL WORKFORCE. START SMALL, CHOOSE A FEW INITIATIVES THAT RESONATE WITH YOUR TEAM, AND GRADUALLY INCORPORATE MORE WELLNESS STRATEGIES OVER TIME. THE JOURNEY TO A HEALTHIER WORKPLACE IS A MARATHON, NOT A SPRINT.

FAQs

Q1: HOW CAN I ENCOURAGE EMPLOYEES TO PARTICIPATE IN WELLNESS INITIATIVES?

A1: START BY MAKING PARTICIPATION EASY AND ACCESSIBLE. OFFER INCENTIVES, MAKE IT FUN, AND HIGHLIGHT THE BENEFITS.

CLEARLY COMMUNICATE THE VALUE PROPOSITION AND ADDRESS ANY CONCERNS EMPLOYEES MIGHT HAVE.

Q2: WHAT IF MY COMPANY HAS A LIMITED BUDGET FOR WELLNESS PROGRAMS?

A2: MANY WELLNESS INITIATIVES ARE LOW-COST OR EVEN FREE. FOCUS ON SIMPLE CHANGES LIKE ENCOURAGING WALKING MEETINGS, PROVIDING HEALTHY SNACKS, AND PROMOTING MINDFULNESS PRACTICES.

Q3: HOW CAN I MEASURE THE EFFECTIVENESS OF MY EMPLOYEE WELLNESS PROGRAM?

A3: TRACK KEY METRICS SUCH AS EMPLOYEE ABSENTEEISM, PRESENTEEISM (BEING PRESENT BUT UNPRODUCTIVE), AND EMPLOYEE SATISFACTION. YOU CAN ALSO CONDUCT SURVEYS TO GATHER FEEDBACK.

Q4: HOW DO I ADDRESS EMPLOYEE RESISTANCE TO WELLNESS INITIATIVES?

A4: COMMUNICATE THE BENEFITS CLEARLY, ADDRESS CONCERNS OPENLY, AND OFFER CHOICES. MAKE PARTICIPATION VOLUNTARY AND EMPHASIZE THE POSITIVE IMPACT ON OVERALL WELL-BEING.

Q5: WHAT ARE SOME EXAMPLES OF COMPANY-WIDE WELLNESS CHALLENGES?

A5: STEP COUNT CHALLENGES, FITNESS TRACKER COMPETITIONS, HEALTHY EATING CHALLENGES (E.G., INCREASING WATER INTAKE, REDUCING SUGAR), AND TEAM-BASED SPORTS COMPETITIONS ARE ALL EXCELLENT OPTIONS. REMEMBER TO OFFER INCENTIVES!

📖 **Wellness ideas for employees: Workplace Wellness that Works** Laura Putnam, 2015-06-08 A smarter framework for designing more effective workplace wellness programs Workplace Wellness That Works provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? Workplace Wellness That Works shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, Workplace Wellness That Works skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

wellness ideas for employees: Workplace Wellness Programs Study Soeren Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a

sample of employers, and five employer case studies.

wellness ideas for employees: Healthy Employees, Healthy Business Ilona Bray, Ilona M. Bray, 2012 Helps business owners and managers target the main health concerns in the workplace and implement low-cost or free programs to increase productivity, boost morale, lower workplace stress, and potentially lower health insurance costs--

wellness ideas for employees: Corporate Wellness Programs Ronald J. Burke, Astrid M. Richardsen, 2014-11-28 Corporate Wellness Programs offers contributions from international experts, examining the planning, implementation and evaluation of wellness initiatives in organizations, and offering guidance on how to introduce these programs in to the workplace.

wellness ideas for employees: Wellbeing at Work Jim Clifton, Jim Harter, 2021-06-01 What if the next global crisis is a mental health pandemic? It is here now. One-third of Americans have shown signs of clinical anxiety or depression, and the current state of suffering globally has risen significantly. The mental health pandemic manifests everywhere, not least in your workplace. As organizations around the world face health and social crises, as well as economic uncertainty, acknowledging and improving wellbeing in your workplace is more critical than ever. Increasingly, leaders and managers must support mental health and cultivate resilience in employees — not just increase engagement and performance. Based on more than 100 million Gallup global interviews, Wellbeing at Work shows you how to do just that. Coauthored by Gallup's CEO and its Chief Workplace Scientist, Wellbeing at Work explores the five key elements of wellbeing — career, social, financial, physical and community — and how organizations can help employees and teams thrive in those elements. The book also gives leaders ideas and action items to help employees use their innate talents and strengths to thrive in each of the wellbeing elements. And Wellbeing at Work introduces a metric to report a person's best possible life: Gallup Net Thriving, which will become the "other stock price" for organizations. In a world where work and life are more blended than ever, maximizing employee wellbeing takes on greater urgency. Wellbeing at Work shows leaders how to create a thriving and resilient culture. If you and your leaders don't change the world, who will? Wellbeing at Work includes a unique code to take the CliftonStrengths assessment, which reveals your top five strengths.

wellness ideas for employees: The Integration of Employee Assistance, Work/Life, and Wellness Services Mark Attridge, Patricia A. Herlihy, R. Paul Maiden, 2006-02 This book presents a comprehensive cross-section of experienced professionals who discuss their efforts to fully integrate employee assistance, work/life, and wellness services.

wellness ideas for employees: Workplace Wellness Rose Karlo Gantner Ed.D., 2012-03-01 Workplace Wellness is a guide for business leaders, managers, and consultants who want to decrease health care costs even as they improve employee productivity, satisfaction, and health conditions. -- from xi

wellness ideas for employees: Fostering Wellness in the Workplace Bobbi L. Newman, 2022-01-24 Whether you're an administrator or library leader concerned about the health and well-being of your team, or a library worker excited to launch a health and wellness movement in your library, you'll find sensible guidance and inspiration in Newman's handbook. As part of their dedication to improving the lives of their patrons, libraries have long offered services, programs, and outreach dedicated to the health and wellness of their communities. There is a growing recognition that library workers themselves are in urgent need of such attention; low morale, and complaints of burnout and a toxic work environment, are only a few of the obvious symptoms. The good news is that by turning inward, libraries can foster wellness in their workplace and make a real difference in the day-to-day lives of their staff. Newman, who has led a popular course on the subject attended by workers from many types of different libraries, here takes a holistic approach to examine why and how libraries should focus on improving the health and wellness of employees. Filled with hands-on advice, examples of successful initiatives, and suggested action steps, in this book readers will learn how to define health and wellness, including its physical, psychological, and social aspects, and why they touch upon nearly everything that happens in the workplace; what a workplace looks like when

it strives to ensure the complete physical, mental, and social well-being of workers, and the ways in which this approach to a work environment benefits both the library and the community it serves; the role played by the physical aspects of the workplace, such as the ergonomics of sitting and standing desks, the effects of air quality and smell on worker health and productivity, and noise levels stemming from open plan workspaces; about key policies relating to wages, working schedules, where employees work, and child and elder care; real-world advice on addressing complicated workplace issues like emotional and invisible labor, with a look at the part that burdensome or indifferent policies and practices can play in contributing to compassion fatigue and burnout; ways to make healthy choices for oneself and encourage healthy choices in co-workers and staff; concrete, evidence-based steps that libraries can take to improve workplace wellness; how to make a lasting difference by focusing on one aspect they can change personally and one that they can advocate changing library wide.

wellness ideas for employees: Building a Resilient Workforce Institute of Medicine, Board on Health Sciences Policy, Planning Committee on Workforce Resiliency Programs, 2012-07-18 Every job can lead to stress. How people cope with that stress can be influenced by many factors. The Department of Homeland Security (DHS) employs a diverse staff that includes emergency responders, border patrol agents, federal air marshals, and policy analysts. These employees may be exposed to traumatic situations and disturbing information as part of their jobs. DHS is concerned that long-term exposure to stressors may reduce individual resilience, negatively affect employees' well-being, and deteriorate the department's level of operation readiness. To explore DHS workforce resilience, the Institute of Medicine hosted two workshops in September and November 2011. The September workshop focused on DHS's operational and law enforcement personnel, while the November workshop concentrated on DHS policy and program personnel with top secret security clearances. The workshop brought together an array of experts from various fields including resilience research, occupation health psychology, and emergency response. Building a Resilient Workforce: Opportunities for the Department of Homeland Security: Workshop Summary: Defines workforce resilience and its benefits such as increased operational readiness and long-term cost savings for the specified population; Identifies work-related stressors faced by DHS workers, and gaps in current services and programs; Prioritizes key areas of concern; and Identifies innovative and effective worker resilience programs that could potentially serve as models for relevant components of the DHS workforce. The report presents highlights from more than 20 hours of presentations and discussions from the two workshops, as well as the agendas and a complete listing of the speakers, panelists, and planning committee members.

wellness ideas for employees: The Stop & Go Fast Food Nutrition Guide Steven G. Aldana, 2007 The Stop & Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you. The guide uses the colors of the stop light (red, yellow, and green) to help individuals choose foods that lead toward or away from good health. The Stop & Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you. With the help of a nationally recognized panel of nutrition experts, Dr. Aldana has color coded almost 3,500 fast foods from 68 different restaurants. Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones. Keep the guide in your glove box for easy access.

wellness ideas for employees: The Healthy Workplace Leigh Stringer, 2016-07-01 Learn how to improve the well-being of your employees that will ultimately boost your company's bottom line. Studies show that unhealthy work habits, like staring at computer screens and rushing through fast-food lunches, are taking a toll in the form of increased absenteeism, lost productivity, and higher insurance costs. But should companies intervene with these individual problems? And if so, how? The Healthy Workplace says yes! Companies that learn how to incorporate healthy habits and practices into the workday for their employees will see such an impressive ROI that they'll kick themselves for not starting these practices sooner. Packed with real-life examples and the latest research, this all-important resource reveals how to: Create a healthier, more energizing

environment Reduce stress to enhance concentration Inspire movement at work Support better sleep Heighten productivity without adding hours to the workday Filled with tips for immediate improvement and guidelines for building a long-term plan, The Healthy Workplace proves that a company cannot afford to miss out on the ROI of investing in their employees' well-being.

wellness ideas for employees: The Work Wellness Deck Landra Bickley Eliopoulos, 2021-08-31 Banish burnout with this deck of 60 easy-to-do-anywhere prompts that encourage sanity, serenity, and wellness in your place of work, wherever that may be. Burnout is common in today's work culture. Whether due to long hours, excessive workloads, or lack of work-life balance, we all know someone who has felt overwhelmed at work. Enter The Work Wellness Deck: 60 actionable suggestions that will restore a sense of well-being in the workplace and banish burnout once and for all. Packaged in a portable format, the deck is organized into three categories: REFRESH (mental health), FLOW (physical health), and CONNECT (work relationships). Prompts include office stretches that help your posture, breathing exercises to manage stress, a gratitude practice to focus on the positive, and networking ideas to build meaningful relationships. Individuals can keep the deck on their desk or in their bag, pulling a card to start the day or as a midday mindfulness break, teams can use the cards to set a group intention, and company leaders can distribute this deck to employees as a wellness perk. No matter how it's used, The Work Wellness Deck will help people in all industries build resiliency, improve productivity, communicate effectively, and forge connection—no matter where they work. **BURNOUT IS COMMON:** Whether you work from home and struggle to delineate work and personal time, or you work long hours at an office, it is common to feel overworked and overwhelmed at one point or another. The Work Wellness Deck is an effective tool in preventing and/or diminishing feelings of burnout. **PERFECT FOR COMPANIES:** Small businesses, company leaders, and HR reps in every industry—tech, finance, healthcare, law, media, nonprofits, retail, and more—can distribute this deck to their employees as a way to encourage them to prioritize their health and wellness. **LITTLE-PUBLISHED SLICE OF WELLNESS:** Wellness is a huge trend, but beyond self-help books on the topic, there isn't much accessible publishing on wellness in the workplace. This one-of-a-kind format is practical but still giftable, and fills that gap. Perfect for: • People who work and want to prioritize their own wellbeing • Anyone who feels burned-out • Job-changers • New graduates • HR reps and company leaders (for themselves or their employees); especially as a welcome gift for new hires, or a gift for a workplace anniversary or promotion

wellness ideas for employees: The Employee Wellbeing Handbook: A Guide for Collaboration Across All Departments, Benefit Vendors, and Health Practitioners to Build a Culture of Wel Cassie Sobelton, 2019-08-29 Achieve New Business Growth with a Focus on Workplace Culture and Wellbeing Do you have a sneaking suspicion that your workplace culture, or the American workplace as a whole, could use some tweaking? Would you like to prioritize wellness in your organization without paying homage to (or worse, paying for) fluffy, unproven tactics that don't move your and your business forward? Are you a benefit broker or consultant who is left feeling vulnerable and in need of best-in-class strategies or initiatives? Or maybe you're a niche vendor in the wellness industry and need a more thorough understanding of the other players or ways to incorporate the various employee benefits your clients are utilizing. If you are expected to assist or even lead the health and wellbeing initiatives at your clients' organizations, or you are the go-to human resource employee for wellbeing at your organization, this book is a must-have for your office. Newsflash: Large corporations, such as Google or Apple, that effortlessly attract the best talent by prioritizing their employees' wellbeing don't have a secret unavailable to you! You can build a human resources strategy that places employee wellbeing first, thereby bringing in hardworking, highly qualified and healthy individuals to drive innovation at your organization. And as a result, you can enjoy levels of employee development and business growth that you wouldn't have dreamed possible beforehand. All you need is a little help. Enter The Employee Wellbeing Handbook. Bestselling author Cassie Sobelton is a health and wellness expert who believes in a real world approach to Mind, Body, and Spirit balance. Where her first book (Back to Balance: Crack

Your Mind, Body, Spirit Code to Transform Your Health) tackled individual health, this newest guide takes on the wellbeing of entire corporations. Whether you're in health and fitness, human resources, healthcare or insurance, or any other field that deals with the wellness of employees, this book is for you. In it, you'll learn: The philosophies and backgrounds that make up the current approach to wellness in the workplace How recent decades have changed the overall approach to workplace wellbeing The difference between culture, wellness and wellbeing - and why it's so important to be targeted in your word choice Why collaboration with others in the industry is critical to the health of America as a whole How to lead discussions about workplace wellbeing that generate actual results How to develop the right strategy for your workplace and design metrics to track your progress The not-so-secret secret for re-engaging employees in their jobs, driving business growth and doing right by your company Now before you hear wellness and start thinking meditation rooms or nap pods, know that we're not just talking about little fixes. Instead, Sobelton advocates culture shifts that affect organizations as a whole. If there were a Corporate Wellness Industry 101, this is the textbook the professor would use - which means if you're in the industry, you need it at your side today. Are you ready for the business growth coaching manual you've been waiting for? Do you want to prioritize holistic healing without fluff at your company? Would you like to use your medical expertise to instill good health principles in others? Don't wait. Buy NOW to understand the industry, gain influence and make the world a better place. Pick up your copy today by clicking the BUY NOW button at the top of this page!

wellness ideas for employees: Corporate Stewardship Susan Albers Mohrman, James O'Toole, Edward E. Lawler III, 2017-09-29 Stewardship entails a profound understanding and acceptance of the challenges that result from the organization's interdependence with the societal and ecological contexts in which it operates—and of what it takes to embrace the challenges to be a force for building a viable future. This book dares to ask 'why' business leaders should embrace stewardship in the current market where profit reigns supreme. A shift in approach represents fundamental change for the corporate world, and even the most advanced corporations consider themselves to be in the starting block of this transition. The book sets out the practical ways in which corporate stewardship can be achieved through embedding new approaches across the different functions of a business. This book, written by the leading thinkers in sustainability research, provides practical guidance on how companies can resolve the paradoxical challenges they face. How can they be at the same time profitable and responsible, effective and ethical, sustainable and adaptable? It explores what businesses are doing, what they can and should do to effectively respond to external challenges, and focuses on how leaders can create cultures, strategies, and designs far beyond "business as usual". Stewards must not only make proper current use of that which they hold in trust, they also must leave it in better condition for use by future generations. Corporate Stewardship challenges managers, executives, and directors of global corporations to think and act as stewards of both their organizations and the physical and social environments in which they operate.

wellness ideas for employees: Wellness Leadership Judd Allen, 2008-01-01 Wellness Leadership empowers managers, wellness committee members and other wellness champions to create a workplace culture that supports healthy lifestyles. Such a culture of health saves lives, cuts medical costs, enhances productivity, improves morale and adds new vitality to work groups. Wellness Leadership explains how to create a shared wellness vision, serve as an effective role model, align cultural influences and monitor/celebrate success. Revealing self-tests, a culture survey, information about legal issues, guidelines for establishing wellness committees, leadership stories and checklists take the guesswork out of creating a culture of health.

wellness ideas for employees: *The Total Money Makeover: Classic Edition* Dave Ramsey, 2013-09-17 Do you want to build a budget that actually works for you? Are you ready to transform your relationship with money? This New York Times bestseller has already helped millions of people just like you learn how to develop everyday money-saving habits with the help of America's favorite personal finance expert, Dave Ramsey. By now, you've already heard all of the nutty get-rich-quick

schemes and the fiscal diet fads that leave you with a lot of quirky ideas but not a penny in your pocket. If you're tired of the lies and sick of the false promises, Dave is here to provide practical, long-term help. The Total Money Makeover is the simplest, most straightforward game plan for completely changing your finances. And, best of all, these principles are based on results, not pie-in-the-sky fantasies. This is the financial reset you've been looking for. The Total Money Makeover: Classic Edition will give you the tools and the encouragement you need to: Design a sure-fire plan for paying off all debt--from your cars to your home and everything in between using the debt snowball method Break bad habits and make lasting changes when it comes to your relationship with money Recognize the 10 most dangerous money myths Secure a healthy nest egg for emergencies and set yourself up for retirement Become financially healthy for life Live like no one else, so later you can LIVE (and GIVE) like no one else! This edition of The Total Money Makeover includes new, expanded Dave Rants that tackle marriage conflict, college debt, and so much more. The Total Money Makeover: Classic Edition also includes brand new back-of-the-book resources to help you make The Total Money Makeover your new reality.

wellness ideas for employees: The Pig Book Citizens Against Government Waste, 2013-09-17 The federal government wastes your tax dollars worse than a drunken sailor on shore leave. The 1984 Grace Commission uncovered that the Department of Defense spent \$640 for a toilet seat and \$436 for a hammer. Twenty years later things weren't much better. In 2004, Congress spent a record-breaking \$22.9 billion dollars of your money on 10,656 of their pork-barrel projects. The war on terror has a lot to do with the record \$413 billion in deficit spending, but it's also the result of pork over the last 18 years the likes of: - \$50 million for an indoor rain forest in Iowa - \$102 million to study screwworms which were long ago eradicated from American soil - \$273,000 to combat goth culture in Missouri - \$2.2 million to renovate the North Pole (Lucky for Santa!) - \$50,000 for a tattoo removal program in California - \$1 million for ornamental fish research Funny in some instances and jaw-droppingly stupid and wasteful in others, The Pig Book proves one thing about Capitol Hill: pork is king!

wellness ideas for employees: The Wellness Syndrome Carl Cederström, Andre Spicer, 2015-02-04 Not exercising as much as you should? Counting your calories in your sleep? Feeling ashamed for not being happier? You may be a victim of the wellness syndrome. In this ground-breaking new book, Carl Cederström and André Spicer argue that the ever-present pressure to maximize our wellness has started to work against us, making us feel worse and provoking us to withdraw into ourselves. The Wellness Syndrome follows health freaks who go to extremes to find the perfect diet, corporate athletes who start the day with a dance party, and the self-trackers who monitor everything, including their own toilet habits. This is a world where feeling good has become indistinguishable from being good. Visions of social change have been reduced to dreams of individual transformation, political debate has been replaced by insipid moralising, and scientific evidence has been traded for new-age delusions. A lively and humorous diagnosis of the cult of wellness, this book is an indispensable guide for everyone suspicious of our relentless quest to be happier and healthier.

wellness ideas for employees: The Whole-Person Workplace Scott Behson, 2021-03 The Whole-Person Workplace helps you craft a custom-fit solution that will unlock your workplace's potential by valuing your employees as whole people.

wellness ideas for employees: State of The Global Workplace Gallup, 2017-12-19 Only 15% of employees worldwide are engaged at work. This represents a major barrier to productivity for organizations everywhere - and suggests a staggering waste of human potential. Why is this engagement number so low? There are many reasons - but resistance to rapid change is a big one, Gallup's research and experience have discovered. In particular, organizations have been slow to adapt to breakneck changes produced by information technology, globalization of markets for products and labor, the rise of the gig economy, and younger workers' unique demands. Gallup's 2017 State of the Global Workplace offers analytics and advice for organizational leaders in countries and regions around the globe who are trying to manage amid this rapid change. Grounded

in decades of Gallup research and consulting worldwide -- and millions of interviews -- the report advises that leaders improve productivity by becoming far more employee-centered; build strengths-based organizations to unleash workers' potential; and hire great managers to implement the positive change their organizations need not only to survive – but to thrive.

wellness ideas for employees: *The Burnout Epidemic* Jennifer Moss, 2021-09-28 Named one of 10 Best New Management Books for 2022 by Thinkers50 Named to the shortlist for the 2021 Outstanding Works of Literature (OWL) Award in the Management & Culture Category In this important and timely book, workplace well-being expert Jennifer Moss helps leaders and individuals prevent burnout and create healthier, happier, and more productive workplaces. We tend to think of burnout as a problem we can solve with self-care: more yoga, better breathing techniques, and more resilience. But evidence is mounting that applying personal, Band-Aid solutions to an epic and rapidly evolving workplace phenomenon isn't enough—in fact, it's not even close. If we're going to solve this problem, organizations must take the lead in developing an antiburnout strategy that moves beyond apps, wellness programs, and perks. In this eye-opening, paradigm-shifting, and practical guide, Jennifer Moss lays bare the real causes of burnout and how organizations can stop the chronic stress cycle that an alarming number of workers suffer through. *The Burnout Epidemic* explains: What causes burnout—and what organizations can do to prevent it Why traditional wellness initiatives fall short How companies can build an antiburnout strategy based on prevention, not perks How leaders can measure burnout in their own organizations What leaders can do to develop a healthier culture that prioritizes resilience and curiosity As the pandemic has shown, self-care is important, but it's not a cure-all for burnout. Employers need to do more. With fascinating research, new findings from the pandemic, and interviews with business leaders around the globe, *The Burnout Epidemic* offers readers insightful and actionable advice that will empower them to help themselves—and their employees—feel healthier and happier at work.

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the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

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providing great customer service, making great contributions to their communities, and finding great ways to lead their lives. In *Small Giants*, veteran journalist Bo Burlingham takes us deep inside fourteen remarkable companies that have chosen to march to their own drummer. They include Anchor Brewing, the original microbrewer; CitiStorage Inc., the premier independent records-storage business; Clif Bar & Co., maker of organic energy bars and other nutrition foods; Righteous Babe Records, the record company founded by singer-songwriter Ani DiFranco; Union Square Hospitality Group, the company of restaurateur Danny Meyer; and Zingerman's Community of Businesses, including the world-famous Zingerman's Deli of Ann Arbor. Burlingham shows how the leaders of these small giants recognized the full range of choices they had about the type of company they could create. And he shows how we can all benefit by questioning the usual definitions of business success. In his new afterward, Burlingham reflects on the similarities and learning lessons from the small giants he covers in the book.

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designing, implementing, and sustaining effective wellness programs, from physical health initiatives and mental health support to financial wellness and creating a healthy work environment. With practical strategies, real-world case studies, and insights into the latest technology and trends, this book provides the tools and knowledge needed to create a thriving workplace where employees can achieve their best both personally and professionally. Whether you are starting from scratch or looking to improve existing programs, this book is your roadmap to fostering a culture of wellness and success.

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