

wellness ideas for remote employees

Wellness Ideas for Remote Employees: Thriving, Not Just Surviving, From Home

Working remotely offers incredible flexibility and freedom, but it also presents unique challenges to our well-being. The lines between work and personal life can blur, leading to burnout, isolation, and decreased productivity. This comprehensive guide dives deep into practical and effective wellness ideas specifically designed for remote employees, helping you thrive, not just survive, in your home office. We'll cover everything from ergonomic setups to mindful practices, ensuring you build a sustainable and healthy work-from-home routine. Get ready to prioritize your well-being and unlock your full potential!

1. Ergonomics: Your Body Will Thank You

Let's face it: improper posture and a poorly set-up workspace are major contributors to back pain, eye strain, and overall discomfort. Investing in proper ergonomics is not just a luxury; it's a necessity for long-term health and productivity.

The Perfect Chair: Don't skimp on your chair! Look for an ergonomic chair that provides adequate lumbar support, adjustable height, and armrests. Consider factors like breathability and overall comfort.

Desk Setup: Aim for a desk height that allows your elbows to be at a 90-degree angle when typing. Use a monitor stand to bring your screen to eye level, preventing neck strain.

Keyboard & Mouse: Choose a keyboard and mouse that fit your hand size and allow for comfortable, natural movement. Consider ergonomic options designed to reduce strain.

Regular Breaks: Set reminders to take short breaks every hour to stand up, stretch, and move around. This simple act can significantly reduce muscle fatigue and improve circulation.

2. Mindfulness and Stress Management: Finding Your Zen

The constant connectivity of remote work can lead to chronic stress. Incorporating mindfulness techniques can significantly improve your mental well-being.

Meditation: Even 5-10 minutes of daily meditation can dramatically reduce stress levels and improve focus. There are countless guided meditation apps

available to help you get started.

Deep Breathing Exercises: Practicing deep breathing throughout the day can help calm your nervous system and reduce anxiety. Try box breathing (inhale for 4 seconds, hold for 4, exhale for 4, hold for 4) for a quick and effective technique.

Mindful Movement: Incorporate simple stretches or yoga poses into your day to release tension and improve flexibility. Even a short walk during your lunch break can make a difference.

Digital Detox: Schedule regular periods of disconnection from screens and technology. This allows your brain to rest and recharge, preventing burnout.

3. Nutrition and Hydration: Fueling Your Best Self

What you eat and drink directly impacts your energy levels, mood, and overall health. Prioritize nutritious meals and consistent hydration.

Hydration is Key: Keep a water bottle at your desk and sip on it throughout the day. Dehydration can lead to fatigue, headaches, and decreased cognitive function.

Healthy Snacks: Keep healthy snacks readily available to avoid energy crashes. Opt for fruits, vegetables, nuts, and seeds instead of processed foods.

Meal Planning: Planning your meals in advance can help you make healthier choices and avoid impulsive, unhealthy eating habits.

Mindful Eating: Pay attention to your body's hunger and fullness cues. Avoid distractions while eating and savor your meals.

4. Movement and Exercise: Staying Active at Home

Sedentary behavior is a major concern for remote workers. Make a conscious effort to incorporate regular physical activity into your day.

Home Workouts: Take advantage of online workout videos and apps to find workouts that fit your fitness level and preferences.

Walking Breaks: Take short walks throughout the day to stretch your legs and get some fresh air.

Online Fitness Classes: Many gyms and studios offer online classes, providing a structured workout experience from the comfort of your home.

Active Commuting: If possible, incorporate cycling or walking into your commute, even if it's just a portion of the journey.

5. Social Connection and Community: Combatting Isolation

One of the biggest challenges of remote work is the lack of social interaction. Make a conscious effort to stay connected with colleagues and friends.

Virtual Coffee Breaks: Schedule virtual coffee breaks with colleagues to maintain social connections and build camaraderie.

Online Social Groups: Join online groups or communities related to your interests to connect with like-minded individuals.

Regular Phone Calls: Make an effort to call friends and family regularly to maintain personal connections.

Hobbies and Interests: Engage in hobbies and activities that you enjoy to boost your mood and provide a sense of accomplishment.

6. Setting Boundaries: Work-Life Balance is Crucial

Blurred lines between work and personal life are a common problem for remote employees. Establishing clear boundaries is essential for maintaining a healthy work-life balance.

Dedicated Workspace: Create a dedicated workspace in your home that is separate from your relaxation areas.

Set Working Hours: Establish clear working hours and stick to them as much as possible. Avoid checking emails or working outside of these hours.

Regular Breaks: Take regular breaks throughout the day to rest and recharge. Step away from your computer and engage in activities that help you relax.

Disconnect After Work: Turn off your computer and put away your work materials at the end of the day to signal the end of your workday.

Conclusion

Prioritizing wellness as a remote employee isn't a luxury; it's a necessity for long-term success and happiness. By implementing these wellness ideas into your daily routine, you'll not only improve your physical and mental health but also increase your productivity and job satisfaction. Remember that consistency is key, so start small, build healthy habits gradually, and celebrate your progress along the way. Your well-being is an investment in your future self.

FAQs

1. How can I overcome feelings of isolation while working remotely?
Actively seek out social interaction. Schedule virtual coffee breaks with colleagues, join online communities related to your interests, and make an effort to connect with friends and family regularly through phone calls or video chats.
1. What are some affordable ways to improve my home office ergonomics?
Start with simple adjustments like raising your monitor to eye level with books, using a pillow for lumbar support, and taking regular

stretch breaks. Gradually invest in more ergonomic equipment as your budget allows.

1. How much exercise is recommended for remote employees? Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week, along with muscle-strengthening activities twice a week. Even short bursts of activity throughout the day can make a significant difference.
1. What if I struggle to maintain a work-life balance? Establish clear boundaries between your work and personal life. Designate a specific workspace, set working hours, and consistently disconnect after work. Practice mindfulness techniques to help manage stress and improve focus.
1. Are there any apps or resources that can help me with remote worker wellness? Yes, many apps offer guided meditations, fitness classes, and healthy recipe ideas. Explore apps like Headspace, Calm, Peloton, and MyFitnessPal. Your company may also offer wellness programs or resources.

wellness ideas for remote 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 remote employees: Home Office Hacks Mastering Work From Home

Gyan Shankar, 2024-09-25 Unlock the secrets to thriving in a work-from-home world with “Home Office Hacks Mastering Work From Home”. This comprehensive guide has proven strategies to keep you productive, energised, and balanced while working remotely. This book is your real-life workbook for mastering the remote lifestyle, from managing stress and avoiding burnout to boosting your efficiency and building meaningful connections. Discover how to create a perfect home office, eliminate distractions, and achieve the elusive work-life balance—turning your home workspace into a powerhouse for success.

wellness ideas for remote 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 remote 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.

wellness ideas for remote employees: Blind Ambition Chad E. Foster, 2021-02-16

For anyone seeking to live life to its fullest potential, Blind Ambition is an eye-opening account of a tech industry executive who overcame fear and hopelessness to turn his blindness disability into a powerful, competitive strength. While most people were preparing for the adventure of adult life, Chad E. Foster was watching the world he grew up with fade to black but that didn't stop him from becoming the first blind person to graduate from the Harvard Business School leadership program and

climbing the corporate ladder as a successful finance/sales executive. With determination, ambition, and drive, Chad created what Oracle said would be impossible. He gave millions of people the ability to earn a living by becoming the first to create customer relationship software for the visually impaired. Even if you've been robbed of your self-identity and dreams for the future, you can change your story and achieve your goals. In *Blind Ambition*, readers and listeners will: Be inspired by Chad's story of how he transformed the loss of his vision into a gift with unique strengths and abilities he did not have before. See how we choose the stories we tell ourselves about our circumstances and how this either limits us or propels us toward our goals. Gain new perspective on what is possible when you shift your mindset, give up making excuses, and decide that you oversee who you want to be. Learn the mental model that Chad uses to quickly overcome frustrations and stressors. Overcoming the challenges of blindness improved Chad's perspective, making him more resilient and grateful for the life that he has. Ultimately, Chad's unforgettable lessons and outlook will inspire listeners to overcome their perceived limitations and explore new possibilities where they once may have only seen obstacles. *Blind Ambition* will teach you how to take advantage of your disadvantages.

wellness ideas for remote employees: *Ask a Manager* Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for *Ask a Manager* "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

wellness ideas for remote 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 remote employees: 10% Happier Dan Harris, 2014-03-11 #1 New York Times Bestseller REVISED WITH NEW MATERIAL Winner of the 2014 Living Now Book Award for Inspirational Memoir An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation. —Elizabeth Gilbert Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. 10% Happier takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

wellness ideas for remote employees: Work Together Anywhere Lisette Sutherland, Kirsten Janene-Nelson, 2020-06-02 An excellent guide on how teams can effectively work together, regardless of location. STEPHANE KASRIEL, former CEO of Upwork IN TODAY'S MODERN GLOBAL ECONOMY, companies and organizations in all sectors are embracing the game-changing benefits of the remote workplace. Managers benefit by saving money and resources and by having access to talent outside their zip codes, while employees enjoy greater job opportunities, productivity, independence, and work-life satisfaction. But in this new digital arena, companies need a plan for supporting efficiency and fostering streamlined, engaging teamwork. In Work Together Anywhere, Lisette Sutherland, an international champion of virtual-team strategies, offers a complete blueprint for optimizing team success by supporting every member of every team, including: EMPLOYEES/small advocating for work-from-home options MANAGERS/small seeking to maximize productivity and profitability TEAMS/small collaborating over complex projects and long-term goals ORGANIZATIONS/small reliant on sharing confidential documents and data COMPANY OWNERS/small striving to save money and attract the best brainpower Packed with hands-on materials and actionable advice for cultivating agility, camaraderie, and collaboration, Work Together Anywhere is a thorough and inspiring must-have guide for getting ahead in today's remote-working world.

wellness ideas for remote 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 remote employees: Remote Work Wellness Jef Benson, 2024-09-26
Discover the Proven Strategies to Boost Energy, Productivity, and Happiness While Working from Home Are You Ready to Revolutionize Your Remote Work Experience? As a remote worker, you know the freedom and flexibility that comes with working from home. But, let's face it: the blurred lines between work and personal life can quickly lead to burnout, isolation, and decreased well-being. Introducing Remote Work Wellness: Your Essential Guide In this game-changing book, you'll learn: - How to create a healthy work-life balance that nourishes your mind, body, and soul - Proven techniques to stay energized, focused, and productive throughout the day - Strategies to combat loneliness, social isolation, and digital distractions - Effective self-care practices to reduce stress and boost mood - Tips for designing an ergonomic home workspace that promotes comfort and well-being Transform Your Remote Work Experience - Increase productivity and efficiency - Enhance mental clarity and focus - Improve physical health and energy - Strengthen relationships and social connections - Achieve a better work-life balance What Readers Are Saying... Remote Work Wellness is a lifesaver! I've implemented the strategies and seen a significant improvement in my overall well-being. - Emily R. A must-read for anyone working from home. Practical, actionable advice that works! - David K. Grab your copy today and start thriving in the remote work landscape!

wellness ideas for remote employees: The Everything Guide to Remote Work Jill Duffy, 2022-02-08 Discover the secret to being productive and successful no matter where you are with this essential guide to remote work. During COVID-19, working from home became the new normal. Now, both employers and employees find that the remote work they were forced to adjust to may be, well, better—financially, sustainably, and even in terms of overall morale and productivity. But working from home is not without its challenges. It can be difficult to eliminate distractions, strike a solid work/life balance, and maintain social connections that are crucial in the workplace. Whether you're trying to find and land a job from the comfort of your home, learning to manage a virtual team, or dream of living a digital nomad lifestyle, The Everything Guide to Remote Work has everything you need to be successful. You'll learn to optimize your own workplace culture, whether it's in your home office or a constantly changing backdrop. So whether your company continues to work remotely full time or you only have to go to the office a few days a week, you'll be armed with all the tools you'll need to make the most out of this new lifestyle.

wellness ideas for remote 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 remote employees: The Psychologically Healthy Workplace Matthew J.

Grawitch, David W. Ballard, 2016 This book examines the complex interplay between employees and management, to determine how a psychologically healthy workplace is constructed and maintained.

wellness ideas for remote employees: *The Cambridge Handbook of Technology and Employee Behavior* Richard N. Landers, 2019-02-14 Experts from across all industrial-organizational (IO) psychology describe how increasingly rapid technological change has affected the field. In each chapter, authors describe how this has altered the meaning of IO research within a particular subdomain and what steps must be taken to avoid IO research from becoming obsolete. This Handbook presents a forward-looking review of IO psychology's understanding of both workplace technology and how technology is used in IO research methods. Using interdisciplinary perspectives to further this understanding and serving as a focal text from which this research will grow, it tackles three main questions facing the field. First, how has technology affected IO psychological theory and practice to date? Second, given the current trends in both research and practice, could IO psychological theories be rendered obsolete? Third, what are the highest priorities for both research and practice to ensure IO psychology remains appropriately engaged with technology moving forward?

wellness ideas for remote 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 remote 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 remote 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 remote employees: *Remote Work Revolution* Tsedal Neeley, 2021-03-30 LONGLISTED FOR THE FINANCIAL TIMES & MCKINSEY BUSINESS BOOK OF THE YEAR “I often talk about the importance of trust when it comes to work: the trust of your employees and building trust with your customers. This book provides a blueprint for how to build and maintain that trust and connection in a digital environment.” —Eric S. Yuan, founder and CEO of Zoom A Harvard Business School professor and leading expert in virtual and global work provides remote workers and leaders with the best practices necessary to perform at the highest levels in their organizations.

The rapid and unprecedented changes brought on by Covid-19 have accelerated the transition to remote working, requiring the wholesale migration of nearly entire companies to virtual work in just weeks, leaving managers and employees scrambling to adjust. This massive transition has forced companies to rapidly advance their digital footprint, using cloud, storage, cybersecurity, and device tools to accommodate their new remote workforce. Experiencing the benefits of remote working—including nonexistent commute times, lower operational costs, and a larger pool of global job applicants—many companies, including Twitter and Google, plan to permanently incorporate remote days or give employees the option to work from home full-time. But virtual work has its challenges. Employees feel lost, isolated, out of sync, and out of sight. They want to know how to build trust, maintain connections without in-person interactions, and a proper work/life balance. Managers want to know how to lead virtually, how to keep their teams motivated, what digital tools they'll need, and how to keep employees productive. Providing compelling, evidence-based answers to these and other pressing issues, *Remote Work Revolution* is essential for navigating the enduring challenges teams and managers face. Filled with specific actionable steps and interactive tools, this timely book will help team members deliver results previously out of reach. Following Neeley's advice, employees will be able to break through routine norms to successfully use remote work to benefit themselves, their groups, and ultimately their organizations.

wellness ideas for remote employees: StressMap Esther M. Orioli, Dennis T. Jaffe, Cynthia D. Scott, 1987 Uses a questionnaire to analyze one's environment, coping responses, inner feelings, and distress signals, and tells how to interpret the results

wellness ideas for remote employees: **HBR Guide to Remote Work** Harvard Business Review, 2021-02-02 Get your best work done, no matter where you do it. Video calls from your couch. Project reports in a coffee shop. Presentations at your kitchen table. Working remotely gives you more flexibility in how and where you do your job. But being part of a far-flung team can be challenging. How can you make remote work work for you? The HBR Guide to Remote Work provides practical tips and advice to help you stay productive, avoid distractions, and collaborate with your team, despite the distance that separates you. You'll learn to: Create a regular work-from-home routine Identify the right technology for your needs Run better virtual meetings Avoid burnout and video-call fatigue Manage remote employees Conduct difficult conversations when you can't meet in person Arm yourself with the advice you need to succeed on the job, with the most trusted brand in business. Packed with how-to essentials from leading experts, the HBR Guides provide smart answers to your most pressing work challenges.

wellness ideas for remote employees: **The Remote Renaissance** Cassandra Solstice, 2024-10-16 Embrace the Future: Mastering the New Era of Work Experience a paradigm shift as you delve into a revolution reshaping the workplace as we know it. This compelling book is your gateway to thriving amidst the Remote Renaissance—an unprecedented era where work transcends traditional boundaries. Discover how to navigate this transformative journey with foresight and innovation. Immerse yourself in these pages infused with the essence of modernity. Dive into the realms of technology and see how it serves as a catalyst, propelling us into this new age of work. Understand the dynamic dance between work-life balance, and reimagine your potential to excel when conventional barriers fall away. With insights on mental health and communication, every chapter offers strategies to maintain your wellbeing while staying connected in a virtual world. Feel the desire to redefine leadership and build a culture that transcends physical distance. Explore techniques to enhance productivity, fuel creativity, and foster inclusivity in a diverse, remote workforce. This book doesn't just guide—it empowers you to harness the potential of remote work to fuel both personal and organisational growth. Your journey into the future of work begins here. Whether you're an employee, leader, or entrepreneur, take action and transform today. Engage with comprehensive strategies on remote conflict resolution, legal considerations, and sustainability practices. In a world where global interaction is at your fingertips, thrive with the knowledge to conquer geographical and cultural divides. Join us in embracing autonomy and anticipate the trends that signal the future of work. A new horizon beckons; are you ready to seize it?

wellness ideas for remote 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 remote employees: #Chill Bryan E. Robinson, 2018-12-31 Stop stressing and learn to chill with this mindfulness and meditation guidebook that can help workaholics and others let go of anxiety and achieve and maintain the healthy work/life balance they need. We all know good health and happiness depends on having proper balance between our professional and private lives. But in today's hectic work environment, in which we must do more in less time with fewer resources, that goal can feel impossible to attain. We stay late at the office rather than being home with our families. We work into the night and on weekends to perfect that presentation or just catch up, rather than relaxing with a hobby or spending time with our friends. Under constant pressure to over-perform, work easily becomes the dominant force in our lives. Licensed psychotherapist and professor Bryan Robinson understands the demands we face. He also knows that it's difficult to stop the cycle of over-work. But there is a solution. In #Chill, Robinson explains how ending the cycle of work addiction can be achieved by reframing priorities and cultivating mindfulness in our daily lives. He provides a month-by-month guide with meditations that help center and soothe us, allowing us to step back, close our eyes, take a long breath, and focus on the moment. Filled with wise advice, inspiring quotes, and gentle guidance, #Chill gives us the tools we need to quiet our anxiety, break our addiction to work, and bring compassion, calm, confidence, and creativity into our daily existence—and at last, have the peaceful, balanced life we all deserve.

wellness ideas for remote employees: Mismatch Kat Holmes, 2018-10-16 How inclusive methods can build elegant design solutions that work for all. Sometimes designed objects reject their users: a computer mouse that doesn't work for left-handed people, for example, or a touchscreen payment system that only works for people who read English phrases, have 20/20 vision, and use a credit card. Something as simple as color choices can render a product unusable for millions. These mismatches are the building blocks of exclusion. In Mismatch, Kat Holmes describes how design can lead to exclusion, and how design can also remedy exclusion. Inclusive design methods—designing objects with rather than for excluded users—can create elegant solutions that work well and benefit all. Holmes tells stories of pioneers of inclusive design, many of whom were drawn to work on inclusion because of their own experiences of exclusion. A gamer and designer who depends on voice recognition shows Holmes his “Wall of Exclusion,” which displays dozens of game controllers that require two hands to operate; an architect shares her firsthand knowledge of how design can fail communities, gleaned from growing up in Detroit's housing projects; an astronomer who began to lose her eyesight adapts a technique called “sonification” so she can “listen” to the stars. Designing for inclusion is not a feel-good sideline. Holmes shows how inclusion can be a source of innovation and growth, especially for digital technologies. It can be a catalyst for creativity and a boost for the bottom line as a customer base expands. And each time we remedy a mismatched interaction, we create an opportunity for more people to contribute to society in meaningful ways.

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wellbeing and organizational success. Whether you're looking to start a wellness program or enhance an existing one, this book will help you create a thriving workplace where employees can truly flourish.

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work-life support, providing easy-to-read strategies for building and implementing your organization's strategies to harness work-life supports, increasing positive impact to your bottom line.

wellness ideas for remote employees: Mental Wellness Programs for Employees R.H. Egdahl, D.C. Walsh, W.B. Goldbeck, 2012-12-06 Address to the Conference on Employee Mental Wellness by Walter B. Wriston, Chairman, Citicorp The mental well-being of employees is a subject of fundamental importance to each of us, our companies, our professions, and the nation. Both the Washington Business Group on Health and Boston University's Center for Industry and Health Care should be commended for the timely initiative this conference represents. I hope it will be come an ongoing effort to improve the mental health services to the nation's private sector workers and their dependents. I have had a deep interest in the delivery of health care for a long time, both from the perspective of a major employer and from my participation in the governance of New York Hospital-Cornell Medical Center. It has also been my privilege to chair the Business Round table's Task Force on Health and to serve on the President's Labor Management Committee which, among other things, has been working on health care problems. This experience obviously does not give me any claim to special expertise on the issue of mental health. It may prove helpful, however, as we work together formulating our thoughts about the nation's health system, the role of industry, and where the mental health issue fits into the picture.

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wellness ideas for remote employees: Together Vivek H. Murthy, M.D., 2020-04-07 The New York Times Bestseller from Surgeon General, Vivek H. Murthy, MD. "We have a massive, deadly epidemic hidden in plain sight: loneliness. It is as harmful to health as smoking and far more common. And as his gripping stories of the science and suffering make clear, we can do something about it. Together is fascinating, moving, and essential reading."—Atul Gawande, author of Being Mortal "Together made me rethink much of what I believe about physical health, public policy, and the human condition. By revealing America's epidemic of loneliness—and then offering an array of remedies for the condition—Murthy has done a great service, and made Together the most important book you'll read this year."—Daniel H. Pink, #1 New York Times bestselling author of When and Drive The book we need NOW to avoid a social recession, Murthy's prescient message is about the importance of human connection, the hidden impact of loneliness on our health, and the social power of community. Humans are social creatures: In this simple and obvious fact lies both the problem and the solution to the current crisis of loneliness. In his groundbreaking book, the 19th surgeon general of the United States Dr. Vivek Murthy makes a case for loneliness as a public health concern: a root cause and contributor to many of the epidemics sweeping the world today from

alcohol and drug addiction to violence to depression and anxiety. Loneliness, he argues, is affecting not only our health, but also how our children experience school, how we perform in the workplace, and the sense of division and polarization in our society. But, at the center of our loneliness is our innate desire to connect. We have evolved to participate in community, to forge lasting bonds with others, to help one another, and to share life experiences. We are, simply, better together. The lessons in *Together* have immediate relevance and application. These four key strategies will help us not only to weather this crisis, but also to heal our social world far into the future. Spend time each day with those you love. Devote at least 15 minutes each day to connecting with those you most care about. Focus on each other. Forget about multitasking and give the other person the gift of your full attention, making eye contact, if possible, and genuinely listening. Embrace solitude. The first step toward building stronger connections with others is to build a stronger connection with oneself. Meditation, prayer, art, music, and time spent outdoors can all be sources of solitary comfort and joy. Help and be helped. Service is a form of human connection that reminds us of our value and purpose in life. Checking on a neighbor, seeking advice, even just offering a smile to a stranger six feet away, all can make us stronger. During Murthy's research for *Together*, he found that there were few issues that elicited as much enthusiastic interest from both very conservative and very liberal members of Congress, from young and old people, or from urban and rural residents alike. Loneliness was something so many people have known themselves or have seen in the people around them. In the book, Murthy also shares his own deeply personal experiences with the subject—from struggling with loneliness in school, to the devastating loss of his uncle who succumbed to his own loneliness, as well as the important example of community and connection that his parents modeled. Simply, it's a universal condition that affects all of us directly or through the people we love—now more than ever.

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view of technology's impact while offering practical solutions. Readers will find actionable advice, including a 30-day digital detox plan and strategies for creating a healthier relationship with technology. By combining cutting-edge research with accessible language and relatable anecdotes, Reclaiming Focus provides valuable insights for anyone feeling overwhelmed by the digital age and seeking to improve their productivity, creativity, and overall well-being.

wellness ideas for remote employees: Remote Work Best Practices: Navigating the Virtual Workspace Julian Paterson, Remote Work Best Practices: Navigating the Virtual Workspace is your comprehensive guide to thriving in the world of remote work. This book covers everything from setting up a productive home office and leveraging the best communication tools to managing remote teams and maintaining health and wellness. With insights into legal considerations, team culture, and real-world case studies, it provides practical strategies and solutions for both employees and managers. Whether you're new to remote work or looking to enhance your existing practices, this book equips you with the knowledge and skills to succeed in the virtual workspace.

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wellness ideas for remote employees: *How to Be Happy at Work* Annie McKee, 2018-08-21 Life's too short to be unhappy at work I'm working harder than I ever have, and I don't know if it's worth it anymore. If you're a manager or leader, these words have probably run through your mind. So many of us are feeling fed up, burned out, and unhappy at work: the constant pressure and stress, the unending changes, the politics--people feel as though they can't give much more, and performance is suffering. But it's work, after all, right? Should we even expect to be fulfilled and happy at work? Yes, we should, says Annie McKee, coauthor of the bestselling *Primal Leadership*. In her new transformative book, she makes the most compelling case yet that happiness--and the full engagement that comes with it--is more important than ever in today's workplace, and she sheds new light on the powerful relationship of happiness to individual, team, and organizational success. Based on extensive research and decades of experience with leaders, this book reveals that people must have three essential elements in order to be happy at work: A sense of purpose and the chance to contribute to something bigger than themselves A vision that is powerful and personal, creating a real sense of hope Resonant, friendly relationships With vivid and moving real-life stories, the book shows how leaders can use these powerful pillars to create and sustain happiness even when they're under pressure. By emphasizing purpose, hope, and friendships they can also ensure a healthy, positive climate for their teams and throughout the organization. *How to Be Happy at Work* deepens our understanding of what it means to be truly fulfilled and effective at work and provides clear, practical advice and instruction for how to get there--no matter what job you have.

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lifestyles can impact life-span and the risk of cancer, heart disease, diabetes and other chronic diseases. It provides easy-to-follow guidelines that will help individuals begin and maintain a healthy lifestyle for life. No infomercials here, just the facts from an authority who knows.

wellness ideas for remote employees: The Future of Work: The Insights You Need from Harvard Business Review Harvard Business Review, Deborah Grayson Riegel, Brian Kropp, Ranjay Gulati, Joseph B. Fuller, 2021-08-17 The future is here. How is your organization responding? Amid the turbulence of a global pandemic, worldwide social justice movements, and accelerated digital transformation, one thing is clear—work will no longer be the same. Employees now expect a flexible, inclusive workplace and a deeper connection to their employer. Organizations must commit to doing good for their people and communities. What should you and your company be doing to adapt? The Future of Work: The Insights You Need from Harvard Business Review will provide you with today's most essential thinking about creating a work-from-anywhere organization, harnessing AI as part of your team, creating an inclusive culture, and building a purpose-driven organization. Business is changing. Will you adapt or be left behind? Get up to speed and deepen your understanding of the topics that are shaping your company's future with the Insights You Need from Harvard Business Review series. Featuring HBR's smartest thinking on fast-moving issues—blockchain, cybersecurity, AI, and more—each book provides the foundational introduction and practical case studies your organization needs to compete today and collects the best research, interviews, and analysis to get it ready for tomorrow. You can't afford to ignore how these issues will transform the landscape of business and society. The Insights You Need series will help you grasp these critical ideas—and prepare you and your company for the future.

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