

wellness room at work

Creating a Thriving Wellness Room at Work: A Guide to Employee Wellbeing

Feeling stressed, burnt out, or just plain overwhelmed at work? You're not alone. More and more companies are recognizing the vital link between employee wellbeing and productivity, and the wellness room at work is becoming a cornerstone of a healthy and supportive workplace culture. This comprehensive guide will delve into everything you need to know about creating and maintaining a successful wellness room, from design and functionality to budgeting and ongoing maintenance. We'll explore the benefits, best practices, and common pitfalls to help you build a sanctuary of calm and rejuvenation within your workplace.

Why Invest in a Wellness Room at Work? The ROI of Wellbeing

Before we dive into the specifics of design and implementation, let's establish the why. Why should your company invest in a dedicated wellness room? The answer is simple: it's good for business. A happy, healthy workforce is a productive workforce. Studies show that employees who feel supported and cared for are more engaged, less likely to take sick days, and more likely to stay with the company long-term. A wellness room at work offers a tangible demonstration of your company's commitment to employee wellbeing, boosting morale and fostering a positive work environment.

The return on investment (ROI) isn't just about reduced absenteeism and increased productivity. It also encompasses:

Improved Employee Retention: Employees are more likely to stay with a company that invests in their wellbeing. This reduces costly recruitment and training expenses.

Enhanced Employee Engagement: A wellness room shows employees that their health and wellbeing are valued, leading to increased engagement and motivation.

Reduced Stress and Burnout: Providing a dedicated space for relaxation and rejuvenation helps employees manage stress and prevent burnout, leading to improved mental and physical health.

Positive Company Image: A commitment to employee wellbeing enhances your company's reputation and attracts top talent.

Designing Your Ideal Wellness Room: Space, Functionality, and Ambiance

Creating a truly effective wellness room requires careful consideration of several key factors. The design should prioritize comfort, relaxation, and functionality. Think about the size of your space and the number of employees who will be using it. Consider these elements:

Location: Choose a quiet, private location away from high-traffic areas. Natural light is a huge plus.

Furniture: Comfortable seating is crucial. Consider ergonomic chairs, comfortable couches, or even massage chairs if budget allows.

Ambiance: Create a calming atmosphere with soft lighting, calming colors (blues and greens are often recommended), and perhaps some plants. Consider incorporating aromatherapy diffusers with calming scents like lavender or chamomile.

Amenities: This is where you can get creative! Consider including:

Massage chair: A fantastic addition for relieving muscle tension.

Meditation area: A quiet corner with comfortable seating and perhaps a meditation app.

Quiet zone: A space for simply taking a break from the noise and bustle of the office.

Comfortable beds or recliners: For a quick power nap.

Refrigerator with healthy snacks and drinks: Keep employees energized and hydrated.

Fitness equipment: Yoga mats, resistance bands, or even a treadmill are possibilities depending on space.

Budgeting and Maintaining Your Wellness Room: A Long-Term Investment

The cost of setting up a wellness room can vary greatly depending on the size and amenities you choose. Start by creating a detailed budget that outlines all expenses, from furniture and equipment to ongoing maintenance and supplies. Remember, this is an investment in your employees and your company's future.

Ongoing maintenance is crucial to keeping your wellness room clean, comfortable, and inviting. This includes regular cleaning, restocking supplies, and ensuring all equipment is functioning correctly. Consider assigning a designated person or team to oversee maintenance.

Promoting and Encouraging Wellness Room Usage: Make it a Habit

Simply building a wellness room isn't enough; you need to actively encourage its use. Here are some strategies:

Communicate its benefits: Make sure employees are aware of the wellness room and its purpose.

Offer workshops or training: Teach employees how to use the amenities effectively, such as meditation or relaxation techniques.

Promote a culture of wellbeing: Encourage employees to take breaks and prioritize their mental and physical health.

Gather feedback: Regularly solicit feedback from employees to identify areas for improvement and ensure the wellness room meets their needs.

Beyond the Basics: Expanding Your Wellness Program

A wellness room is just one piece of a broader employee wellbeing strategy. Consider integrating other initiatives, such as:

Flexible work arrangements: Allow employees to work from home or adjust their schedules as needed.

Employee assistance programs (EAPs): Provide access to confidential counseling and support services.

Health and wellness workshops: Offer educational programs on topics like stress management,

nutrition, and fitness.

Wellness challenges: Organize team-based challenges to promote healthy habits.

Conclusion

Creating a successful wellness room at work is a significant step towards building a thriving and supportive workplace culture. By carefully considering design, functionality, budget, and ongoing maintenance, you can create a space that fosters employee wellbeing, boosts productivity, and enhances your company's overall success. Remember that this is an ongoing process, requiring consistent effort and adaptation to meet the evolving needs of your employees. Invest in your team's wellbeing, and you'll reap the rewards in terms of increased engagement, productivity, and retention.

FAQs

1. How much space do I need for a wellness room? The ideal size depends on your employee count and the amenities you offer. Even a small, dedicated space can be effective. Start with a minimum of 100 square feet and adjust accordingly.
1. What are some cost-effective ways to furnish a wellness room? Consider sourcing gently used furniture from office liquidators, thrift stores, or online marketplaces. DIY decor can also help keep costs down.
1. How do I encourage employees to use the wellness room without feeling like it's mandatory? Focus on promoting the benefits and creating a welcoming atmosphere. Make it a place where employees feel comfortable relaxing and recharging.
1. What if my company doesn't have a lot of space? Even a small corner dedicated to quiet reflection with a comfortable chair and some calming elements can make a difference. Prioritize creating a tranquil space, even if it's limited in size.
1. How can I measure the success of my wellness room? Track metrics such as employee absenteeism, engagement scores, and feedback surveys to gauge the impact of the wellness room on employee wellbeing and overall productivity.

wellness room at work: 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 room at work: 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 room at work: Wellness by Design Jamie Gold, 2020-09-01 Design your home to optimize your healthy lifestyle with this room-by-room guide from certified kitchen designer and wellness design consultant Jamie Gold. Residential designer Jamie Gold has spent years exploring how simple changes to things like lighting, fixtures, storage, and outdoor space can impact our health and wellness. In *Wellness by Design*, Gold offers a room-by-room guide to refreshing your space so that it supports your wellness journey. Good news, it doesn't require a yoga room and can be done in small apartments as well as large houses. This book explains how simple changes can make a huge difference in how you feel every day. You'll learn: - How to maximize accessibility and organization in your kitchen for faster, healthier, and more delicious meals. - How to make easy fixes to your ventilation system to help ease symptoms of asthma and allergies - How to optimize your home office to eliminate back, neck, and foot pain. - How to enhance your bathroom tub and shower spaces to support fitness goals and simplify family life. - And much more! It's time for your home to work as hard as you do to support your health. With the right organization and interior design, your home can help you maintain and improve your health in a variety of ways, from improving health and preventing disease to encouraging clean eating, sustainable living, safety, fitness, serenity, and joy. Whether you're building your dream home or decorating your new rental, this book will help you keep your fitness goals and stay on track for a long and healthy life.

wellness room at work: Instant Recess Antronette K. Yancey, 2010 Toni Yancey's book is a terrific tool as we work together to promote healthy and active lifestyles. _Bill Clinton Instant Recess is a call to all of us to get up and move. Part personal memoir, part public health manifesto, and part poetry, Yancey's warmth and enthusiasm shine through this book. I'm betting that she can convince anyone that moving more is not only good for health, but easy and lots of fun to do. _Marion Nestle, author of *What to Eat* In *Instant Recess*, Dr. Yancey provides the tools to get America moving, in a

very accessible style with the scientific research to back it up. Her call to incorporate short exercise breaks into routine, daily activities is one step that can create a true wellness society. _Senator Tom Harkin (D-IA), Chairman, Senate HELP Committee Dr. Toni (Antronette) Yancey has influenced and impacted community health and fitness in a number of profound ways! Her book is a must read for anyone interested in living a longer, healthier, and more fulfilling life. Recently, at the First AME Church of Los Angeles, we incorporated a quick but effective fitness interlude into all three of our Sunday worship services. The enthusiastic response from our congregation was tremendous! Thank you, Dr. Yancey, for waking us up to the dangers of our sedentary lives and for awakening our desire to get into better physical shape. _Rev. Dr. John & Denise Hunter, Pastor and First Lady of First AME Church of Los Angeles, the White House-designated local lead agency for Michelle Obama's Let's Move LA Instant Recess is a necessary part of a complex solution to our society's epidemic of inactivity. It can work equally well in the corporate boardroom, school classroom, or for fans at a sporting event for that matter. It is a great place to start if we don't want to leave anyone behind. I'm all for breaking our national inertia with a musical beat and a smile on our faces. _Dave Winfield, National Baseball Hall of Fame 2001, Executive Vice President and Senior Advisor, San Diego Padres Dr. Yancey writes on a topic about which she is both passionate and knowledgeable. Doable in just about any setting, Instant Recess could get America moving again. _David Satcher, M.D., Ph.D., 16th Surgeon General of the United States Instant Recess is an excellent, easy to read, informative book describing how we must all change our lifestyle patterns and incorporate activity into our day. Yancey poignantly shows why "instant recesses" are needed by corporate Americans, educators, public health and medical professionals. This isn't just a simple how-to book, but also a how-come. _Francine Kaufman, Head of the Center for Diabetes, Endocrinology and Metabolism at Childrens Hospital Los Angeles For the average person who continues to yo-yo between the hype of miracle weight loss gimmicks and the allure of fast food franchises, Instant Recess offers an easy and free solution to creating a healthier lifestyle. _Sharon Baucom, Medical Director of the Department of Public Safety and Correctional Services for the State of Maryland A thoughtful and innovative approach to community-wide physical activity from a lay person's perspective. This book is well grounded in scientific evidence that is also contextualized in simple examples and in real life experiences people will be able to relate to. _Adrian Bauman, University of Sydney I've seen everyone from curmudgeonly researchers and uptight bureaucrats to former elite athletes to avowed non-exercisers sucked in by the warm, inclusive energy and ease of her approach to getting people physically active. Most are smiling, some outright laughing as they rediscover the joy of moving. Thankfully, Toni captures the essence of that joy in her book, along with the practical guidance necessary to help anyone start making physical activity a part of their life and their community again. _Mark Fenton, PBS television host and author of The Complete Guide to Walking for Health, Weight Loss, and Fitness I read Instant Recess and couldn't help but jump for joy. Dr. Yancey's got the recipe for success to help turn around the epidemic of inactivity in our country. Finally we have a book that shows Americans how to build that strong base of fitness, 10 minutes of hip hopping at a time. Now, if you'll excuse me. It's time for me to take my Instant Recess. _Pam Peeke MD, MPH, FACP, author of Body for Life for Women, Chief Medical Correspondent for Nutrition and Fitness, Discovery Health TV Through the San Diego Padres organization we've worked with Dr. Toni Yancey for nearly 4 years on various healthy eating and fitness related projects ... Dr. Yancey is an educated, dynamic, trusted and respected colleague who has a thorough knowledge of public health issues. Her knowledge, advocacy and connection to community service organizations across the country has been key. She's recruited a great number of them to enter the fight against childhood obesity by offering a wide variety of active lifestyles options. Influencing America to move towards healthy eating, better nutrition, and into her activity routine called Instant Recess is a significant and continuous task _ It's a pleasure working with this former collegiate athlete, Ph.D. and public servant. We need more people like Dr. Toni Yancey combatting this nationwide health crisis. _David Winfield, member of the Baseball Hall of Fame, and Co-Director at UCLA Kaiser Permanente Center for Health Equity

wellness room at work: 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 room at work: A Design Thinking, Systems Approach to Well-Being Within Education and Practice National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Global Health, Global Forum on Innovation in Health Professional Education, 2019-04-04 The mental health and well-being of health professionals is a topic that is broad, exceptionally relevant, and urgent to address. It is both a local and a global issue, and affects professionals in all stages of their careers. To explore this topic, the Global Forum on Innovation in Health Professional Education held a 1.5 day workshop. This publication summarizes the presentations and discussions from the workshop.

wellness room at work: Drunk Yoga Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

wellness room at work: 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 room at work: The Teacher Self-Care Manual Patrice Palmer, 2019-10-11

Self-Care Smarter, Not Harder This is a thoughtful, concise resource to keep on hand when you need that reminder to take care of yourself. Patrice's message is one I fully endorse as a fellow advocate for the well-being of educators. —Tina H. Boogren, author, *180 Days of Self-Care for Busy Educators* and *Take Time for You: Self-Care Action Plans for Educators* Her message that teachers need to make themselves a priority and practice self-care is one that needs to be heard. — Robert Dunlop, Educator, Speaker and Author, *S.T.R.I.V.E. for Happiness in Education* A short, easily assimilated guide to teacher self care. The book contains a host of practical tips, looking both at what schools can do and how teachers can look after themselves better physically, and make vital changes to their mindset.— Rachael Roberts, teacher, trainer, life-coach and author of *30 Ways to Mindfulness* Practical, to the point, and easy to read, this book is full of ways anyone can reevaluate their life balance and manage their day-to-day well-being — Ruth Pearce, Author, Speaker, Transformational Leader, Project Manager at VIA Institute on Character Compelling and practical, Patrice provides teachers with actionable self-care strategies for right now — Annemarie, Founder of Speak Confident English It is only recently that we've realized that our expectations for teachers are just not healthy! We can't be everything and everyone to all our students, all the time, much as we wish we could. But so many teacher self-care books encourage you to do even more! Now you have to find time for journaling, yoga, coffee dates, and more. Plus you feel guilty the whole time, because you're not planning lessons or buying pencils to give your students before their big exam Friday! The *Teacher Self-Care Manual: Simple Strategies for Stressed Teachers* by teacher, trainer, and coach Patrice Palmer provides simple, easy-to-apply strategies that will help you take care of yourself. Patrice leads you through the simple processes of changing the mindsets and habits that make us work until we burn out! Clearly and thoughtfully written, Palmer gives you the awareness and tools you need to be a great teacher without sacrificing yourself! And she should know. She's been through teacher burnout and come out the other side. The book also features: *Tips you can apply right now *Activities to help you find your strengths *Exercises to share with your students *Advice for administrators to support teachers and their own mental health 8Book-club discussion questions

wellness room at work: Management Lessons from the Mayo Clinic (PB) Leonard L.

Berry, Kent D. Seltman, 2008-05-31 *Management Lessons from Mayo Clinic* reveals for the first time how this complex service organization fosters a culture that exceeds customer expectations and earns deep loyalty from both customers and employees. Service business authority Leonard Berry and Mayo Clinic marketing administrator Kent Seltman explain how the Clinic implements and maintains its strategy, adheres to its management system, executes its care model, and embraces new knowledge - invaluable lessons for managers and service providers of all industries. Drs. Berry and Seltman had the rare opportunity to study Mayo Clinic's service culture and systems from the inside by conducting personal interviews with leaders, clinicians, staff, and patients, as well as observing hundreds of clinician-patient interactions. The result is a book about how the Clinic's business concept produces stellar clinical results, organizational efficiency, and interpersonal service. By examining the operating principles that guide every management decision at this legendary healthcare institution, the authors Demonstrate how a great service brand evolves from the core values that nourish and protect it Extrapolate instructive business lessons that apply outside healthcare Illustrate the benefits of pooling talent and encouraging teamwork Relate historical events and perspectives to the present-day Mayo Clinic Share inspiring stories from staff and patients An innovative analysis of this exemplary institution, *Management Lessons from Mayo Clinic* presents a proven prescription for creating sustainable service excellence in any organization.

wellness room at work: Resilience (HBR Emotional Intelligence Series) Harvard Business

Review, Daniel Goleman, Jeffrey A. Sonnenfeld, Shawn Achor, 2017-04-18 How to be resilient in a professional setting. How do some people bounce back with vigor from daily setbacks, professional crises, or even intense personal trauma? This book reveals the key traits of those who emerge stronger from challenges, helps you train your brain to withstand the stresses of daily life, and

presents an approach to an effective career reboot. This volume includes the work of: Daniel Goleman; Jeffrey A. Sonnenfeld; Shawn Achor. This collection of articles includes "How Resilience Works," by Diane Coutu; "Resilience for the Rest of Us," by Daniel Goleman; "How to Evaluate, Manage, and Strengthen Your Resilience," by David Kopans; "Find the Coaching in Criticism," by Sheila Heen and Douglas Stone; "Firing Back: How Great Leaders Rebound After Career Disasters," by Jeffrey A. Sonnenfeld and Andrew J. Ward; and "Resilience Is About How You Recharge, Not How You Endure," by Shawn Achor and Michelle Gielan. How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

wellness room at work: How to Work a Room Susan RoAne, 1988 Techniques and strategies for mingling at meetings, parties and conventions.

wellness room at work: 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.

wellness room at work: 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 room at work: Dealing with Difficult People in the Library Mark R. Willis, 1999 This text offers practical strategies for managing problems posed by patrons and other staff. It is a hands-on guide to solving problems through communication, preventive measures and clear and concise patron behaviour policies.

wellness room at work: Rehumanizing the Workplace Rosie Ward, Jon Robison, 2020-03-24 This book highlights how successful companies are thriving by putting people first. It details five key principles essential for rehumanizing workplaces; a framework to help restore hope, well-being, and performance; and tangible actions anyone can take to show up as a leader and influence positive change.

wellness room at work: The New Southern Style Alyssa Rosenheck, 2020-09-22 A vibrantly illustrated exploration of the creative, inclusive, and inspiring movement happening in today's Southern interior design. The American South is a place steeped in history and tradition. We think of sweet tea, thick drawls, and even thicker summer air. It is also a place with a fraught history, complicated social norms, and dated perspectives. Yet among the makers and artists of the South, there is a powerful movement afoot. Alyssa Rosenheck shines a much-needed spotlight on a

burgeoning community of people who are taking what's beloved, inherent, and honored in the South and making it their own. The New Southern Style tours more than 30 homes and includes interviews with the designers, artists, and creative entrepreneurs who are reinventing Southern design and culture. This beautifully illustrated book is sure to inspire the home and soul.

wellness room at work: *Research in Personnel and Human Resources Management* Joseph Martocchio, Hui Laio, Aparna Joshi, 2011-07-12 Presents the papers that promote theory and research on important substantive and methodological topics in the field of human resources management. This title collects papers on important issues in the field of human resources management, including insights on employment branding, family owned firms, virtual global teams and intrinsic motivation.

wellness room at work: 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 room at work: *Model Plan for a Comprehensive Drug-free Workplace Program* , 1989

wellness room at work: *On Great Service* Leonard L. Berry, 1995-04-01 Improving service quality has finally become a top priority of management today, yet according to service quality expert Leonard Berry only a handful of companies have managed to determine exactly what to improve and how to improve it. For the past two years, Berry studied dozens of companies of all sizes renowned for their capacity to deliver what they promise and more. From his on-site observation of the strategies and practices of such companies as Mary Kay Cosmetics, Tattered Cover Book Store, Longo Toyota & Lexus, Lakeland Regional Medical Center, and Hard Rock Cafe, Berry has constructed a dynamic new framework for improving service. This framework provides a roadmap for implementation found nowhere else in the service quality literature. In every chapter Berry draws on his twelve years of research in service quality to explain each part of the framework in detail. He provides rich insights and inspiring examples of great service -- including numerous examples unique to this book as well as the classic success stories of USAA, Taco Bell, and many more. Berry shows that a company must (1) develop service leadership skills and values -- a concept

substantially different from developing general leadership; (2) build a service quality information system; and (3) create a comprehensive service strategy based on the four principles of great service: reliability, surprise, recovery, and fairness. He demonstrates how these four principles, when adopted by the leadership and infused into the systems of a service company, are the building blocks of the framework and form the anchor for implementation. Berry shows how the artistry of great service can be systematically created from this foundation through a company's organizational structure, technology, and often underutilized human resources assets. He challenges service managers to set their service quality aspirations higher, and his innovative, practical ideas will help them achieve those higher standards. Linking service excellence to value creation, Berry provides solid financial reasons for the necessity of great service. Here, at last, is the book for which managers in every service industry have waited: Leonard Berry's operating manual for turning plans for great service into action.

wellness room at work: Thrive Arianna Huffington, 2014-03-25 In *Thrive*, Arianna Huffington makes an impassioned and compelling case for the need to redefine what it means to be successful in today's world. Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye--the result of a fall brought on by exhaustion and lack of sleep. As the cofounder and editor-in-chief of the Huffington Post Media Group--one of the fastest growing media companies in the world--celebrated as one of the world's most influential women, and gracing the covers of magazines, she was, by any traditional measure, extraordinarily successful. Yet as she found herself going from brain MRI to CAT scan to echocardiogram, to find out if there was any underlying medical problem beyond exhaustion, she wondered is this really what success feels like? As more and more people are coming to realize, there is far more to living a truly successful life than just earning a bigger salary and capturing a corner office. Our relentless pursuit of the two traditional metrics of success--money and power--has led to an epidemic of burnout and stress-related illnesses, and an erosion in the quality of our relationships, family life, and, ironically, our careers. In being connected to the world 24/7, we're losing our connection to what truly matters. Our current definition of success is, as *Thrive* shows, literally killing us. We need a new way forward. In a commencement address Arianna gave at Smith College in the spring of 2013, she likened our drive for money and power to two legs of a three-legged stool. They may hold us up temporarily, but sooner or later we're going to topple over. We need a third leg--a third metric for defining success--to truly thrive. That third metric, she writes in *Thrive*, includes our well-being, our ability to draw on our intuition and inner wisdom, our sense of wonder, and our capacity for compassion and giving. As Arianna points out, our eulogies celebrate our lives very differently from the way society defines success. They don't commemorate our long hours in the office, our promotions, or our sterling PowerPoint presentations as we relentlessly raced to climb up the career ladder. They are not about our resumes--they are about cherished memories, shared adventures, small kindnesses and acts of generosity, lifelong passions, and the things that made us laugh. In this deeply personal book, Arianna talks candidly about her own challenges with managing time and prioritizing the demands of a career and raising two daughters--of juggling business deadlines and family crises, a harried dance that led to her collapse and to her aha moment. Drawing on the latest groundbreaking research and scientific findings in the fields of psychology, sports, sleep, and physiology that show the profound and transformative effects of meditation, mindfulness, unplugging, and giving, Arianna shows us the way to a revolution in our culture, our thinking, our workplace, and our lives.

wellness room at work: Healthy Buildings JOSEPH G. ALLEN, 2022-10-18 Buildings can make us sick or keep us well. Diseases and toxins course through indoor spaces, making us ill. Meanwhile, better air quality and light levels improve productivity. At a time when the COVID-19 pandemic has us focused more than ever on indoor air quality, *Healthy Buildings* shows how much we have to gain from human-centered design.

wellness room at work: 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 room at work: *The Compassionate Mind* Paul Gilbert, 2010 Leading depression authority Paul Gilbert presents *The Compassionate Mind*, a breakthrough book integrating evolutionary psychology, new insights from neuroscience, and mindfulness practice. This combination of techniques forms a new therapy called compassion focused therapy that can enhance readers' lives.

wellness room at work: *Discovering the Soul of Service* Leonard L. Berry, 1999-07-13 This wise and inspiring book by Leonard Berry, moves far beyond his pioneering work in services marketing and service quality to explain how great service companies meet their toughest challenge: sustaining long-term success. In a world where customers regard flawless products as a given, service is the key differentiator between competitors in any field. From Berry's exacting study of fourteen mature, highly successful, labor-intensive companies comes an astonishing revelation: the single most important factor in building a lasting service business is not a matter of savvy business practice, but of humane values. In all fourteen award-winning companies -- Bergstrom Hotels, The Charles Schwab Corporation, Chick-fil-A, The Container Store, Custom Research Inc., Dana Commercial Credit, Dial-A-Mattress, Enterprise Rent-A-Car, Midwest Express Airlines, Miller SQA, Special Expeditions, St. Paul Saints, USAA, and Ukrop's Super Markets -- values-driven leadership connects with strategic focus, executional excellence, control of destiny, trust-based relationships, generosity, investment in employee success, acting small, and brand cultivation to drive customer satisfaction, innovation, and growth. Dedicating a chapter to each of these nine drivers, this book is the most far-reaching and insightful vision ever presented of the principles and step-by-step actions that continuously bring success to life in a company. Berry's comprehensive model reveals the soul that underlies the strategies and day-to-day operations of great service companies, guiding the thousands of daily decisions of individual employees. Clear, compelling, pathbreaking, *Discovering the Soul of Service* is essential reading for managers everywhere.

wellness room at work: *Belonging* Sue Unerman, Kathryn Jacob, Mark Edwards, 2020-10-29 The most important business book of the year - *Esquire* There's never been more discussion around diversity and inclusion in the workplace. From gender pay gaps and the #MeToo movement to Black Lives Matter, it seems that every organization has finally recognised that lasting change needs to happen. Various studies show that the most successful and productive senior management teams are those which are truly diverse and eclectic. Yet there remains only 8 female CEOs of FTSE 100 boards, and only 10 BAME people working in leadership roles across companies in the FTSE 100.

While there has been a clear shift in attitudes, actual progress towards more inclusive workspaces has been excruciatingly slow and, in some cases, has ground to a halt. Following extensive research and interviews at over 200 international businesses, Kathryn Jacob, Sue Unerman and Mark Edwards have discovered one major problem that is holding back the move towards greater diversity: why aren't the men getting involved? Most men are not engaged with D&I initiatives in the workplace - at one extreme they may be feeling actively hostile and threatened by the changing cultural landscape. But others may be unmotivated to change - recognising the abstract benefits of diversity but not realising what's in it for them. The time for change is long past. Belonging is the call to action we need today - the tool to turn the men in power into allies as we battle discrimination, harassment, pay gaps, and structural racism and patriarchy at every level of the workplace. The lessons in this book will help us work together to build a better workplace where everyone feels they belong.

wellness room at work: Lactation at Work Elizabeth A. Hoffmann, 2021-07-29 In recent decades, as women entered the US workforce in increasing numbers, they faced the conundrum of how to maintain breastfeeding and hold down full-time jobs. In 2010, the Lactation at Work Law (an amendment to the US Fair Labor Standards Act) mandated accommodations for lactating women. This book examines the federal law and its state-level equivalent in Indiana, drawing on two waves of interviews with human resource personnel, supervising managers, and lactating workers. In many ways, this simple law - requiring break time and privacy for pumping - is a success story. Through advocacy by allies, education of managers, and employee initiative, many organizations created compliant accommodations. This book shows legal scholars how a successful civil rights law creates effective change; helps labor activists and management personnel understand how to approach new accommodations; and enables workers to understand the possibilities for amelioration of workplace problems through internal negotiations and legal reforms.

wellness room at work: Obesity and Socioeconomic Status in Adults , 2010

wellness room at work: Models that Work , 1996

wellness room at work: Nurses With Disabilities Leslie Neal-Boylan, 2012-10-12 This is the first research-based book to confront workplace issues facing nurses who have disabilities. It not only examines in depth their experiences, roadblocks to successful employment, and misperceptions surrounding them, but also provides viable solutions for creating positive attitudes towards them and a welcoming work environment that fosters hiring and retention. From the perspectives and actual voices of nurses with disabilities, nurse leaders, nurse administrators, and patients, the book identifies nurses with disabilities (including sensory, musculoskeletal, emotional, and mental health issues), discusses why they choose to leave nursing or hide their disabilities, and analyzes how their disabilities may influence career choices.

wellness room at work: Preventive Stress Management in Organizations James C. Quick, Thomas A. Wright, Joyce A. Adkins, Debra L. Nelson, Jonathan D. Quick, 2012-08-01 Stress at work is a daily fact of life for most workers, managers, and even psychologists. This book, written in clear, accessible language, shows how to stop job stress before it starts. As the authors say, stress is inevitable, distress is not. Originally published in 1984, this bestseller has been revised and updated for a new generation of readers. It will be a key resource for managers, human resource professionals, industrial/organizational psychologists, graduate students in industrial/organizational psychology, and business administrators.

wellness room at work: Designing for Wellness Susie Frazier, 2018-11-24 Illustrates the ways in which home design and décor can contribute to both mental and physical health while providing a beautiful space to call our own. As architects and planners sprint to learn about the new WELL Building Standard for developing healthier public places, [the author] offers a glimpse into what's coming in the next generation of interior design and provides a collection of mindful tips that anyone can implement at home in order to nurture their own emotional well-being--Back cover.

wellness room at work: The Work Cure David Frayne, 2019 A powerful critique of contemporary discourse that portrays work - paid employment - as a moral imperative, essential for

our health and wellbeing. The contributors describe the mental health impact of modern-day workplaces, with their precarity and constant managerial scrutiny. They throw light on the emerging role of the psychologist and psychotherapist as agents of the state within the welfare system. And they question the deployment of mindfulness and other workplace 'wellness' initiatives in place of more genuine and collective attempts to transform work--back cover.

wellness room at work: The Palgrave Handbook of Workplace Well-Being Satinder K. Dhiman, 2021-03-22 This handbook proposes to present best practices in managing and leading the 21st century workforce. It offers strategies and tools to cultivate well-being in the present day boundary-less work environment. Research shows that organizations with higher levels of employee engagement routinely out-perform those with lower employee engagement. This handbook provides valuable insights into why employee well-being is such a powerful driver of employee performance and engagement and what organizations can do to enhance workplace well-being and fulfillment. It brings the research on workplace well-being up-to-date while precisely mapping its terrain and extending the scope and boundaries of this field in an inclusive and egalitarian manner.

wellness room at work: Work Here Now Melissa Swift, 2023-01-04 Make work suck less and improve the performance of your people with this practical, hands-on guide The COVID-19 pandemic and an ever-changing array of new ways of working seem to have all of us asking, "Does work really have to suck this bad?" It looks like a small taste of flexibility and freedom has made many of us rethink the nature of the work we do and how we do it. In *Work Here Now: Think Like a Human and Build a Powerhouse Workplace*, Mercer's North American Transformation Leader Melissa Swift delivers an eye-opening roadmap to better work that generates wins for companies and employees alike. In the book, you'll explore different ways to improve the growth-impeding, borderline inhumane people management practices we've created and endured over time. You'll also find: 50 strategies to create a powerhouse workplace at organizational level 50 strategies to create a powerhouse workplace at team level A simple framework to help you make people-centered decisions An incisive and practical take on managing and working with people that—for once—doesn't rely on hackneyed idealism or management-by-algorithm, *Work Here Now* is the hands-on performance improvement tool that executives, managers, HR professionals, and other business leaders have been searching for.

wellness room at work: Dying for a Paycheck Jeffrey Pfeffer, 2018 In this timely, provocative book, Jeffrey Pfeffer contends that many modern management commonalities such as long hours, work-family conflict, and economic insecurity are toxic to employees--hurting engagement, increasing turnover, and destroying people's physical and emotional health--while also being inimical to company performance. He argues that human sustainability should be as important as environmental stewardship. You don't have to do a physically dangerous job to confront a health-destroying, possibly life-threatening workplace....In *Dying for a Paycheck*, Jeffrey Pfeffer marshals a vast trove of evidence and numerous examples from all over the world to expose the infuriating truth about modern work life: even as organizations allow management practices that actually sicken and kill their employees, those policies do not enhance productivity or the bottom line, thereby creating a lose-lose situation. Exploring a range of important topics, including layoffs, health insurance, work-family conflict, work hours, job autonomy, and why people remain in toxic environments, Pfeffer offers guidance and practical solutions that all of us--employees, employers, and the government--can use to enhance workplace well-being. We must wake up to the dangers and enormous costs to today's workplace, Pfeffer argues. *Dying for a Paycheck* is a clarion call for a social movement focused on human sustainability. Pfeffer makes clear that the environment we work in is just as important as the one we live in, and with this urgent book he opens our eyes and shows how we can make our workplaces healthier and better.--jacket flaps

wellness room at work: Employment Discrimination Joseph A. Seiner, 2019-02-19 This streamlined, straightforward casebook offers a fresh perspective on employment discrimination law, presenting a procedural-based approach (lacking in other texts) with interactive materials. While still providing traditional coverage, *Employment Discrimination: Procedure, Principles, and Practice*,

Second Edition emphasizes the importance of procedural issues in workplace cases. It includes a unique “best practices” chapter, which discusses the most effective ways to address workplace discrimination from both a theoretical and legal perspective. Numerous exercises and problems foster classroom discussion. Practice tips situate students in the role of a practicing lawyer. Modern, cutting-edge cases demonstrate the importance of employment discrimination law. Text boxes within cases, historical notes, and news events effectively help bring the material to life. New to the Second Edition: A renewed focus on sexual harassment and a robust discussion of the #metoo movement An examination of sexual orientation and a review of the conflicting federal appellate cases on whether it is protected by anti-discrimination laws A new focus on appearance discrimination and the recent case law related to this issue A discussion of how issues evolving in the gig economy can impact workplace discrimination Professors and students will benefit from: Focus on procedure (with theoretical underpinnings) to stimulate practical learning Comprehensive coverage, encompassing topics traditionally included in the course (statutory, regulatory, and administrative issues), but with a timely procedural focus integrated throughout Recent, topical cases which bring the issues to life for students and allow them to see how procedural issues are demonstrated in the employment discrimination context A unique chapter on best practices, which examines the proper training and complaint procedures that employers should have in place; explores policies and procedures for responding to employee reference requests; looks at emerging trends in the workplace, such as social media policies; and covers employee bullying Interactive features (discussion problems, practice/procedural tips, class exercises, notes and questions, graphs/charts, etc.), to foster class discussion and student engagement Chapter-in-review sections that further student comprehension

wellness room at work: The Call to Social Work Craig W. LeCroy, 2011-10-05 The Call to Social Work is a great supplement to courses such as introduction to social work and social welfare, and social work practice. It can also be used in practicum/field courses to give students a better understanding of what various types of social workers do in daily practice. The text provides stories of real social workers with many different backgrounds, and is designed to help students to better understand the profession.

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