



WORKPLACE WELLBEING CHECKLIST



OFFER FRESH AND ORGANIC SNACK CHOICES

Let's face it, many of today's processed snack options leave much to be desired.

Those options designed to be a mid-morning or afternoon pick-me-up can be loaded with sugar, preservatives and other chemicals, which can further exacerbate sluggishness and brain function.

Offering fresh, organic fruits, veggies, natural snacks (think nuts, fruit juice-sweetened granola, and hummus) and beverages (think sparkling water, pure juices) provides quality fuel to boost your employees' productivity.

Ditch the snack cakes and say yes to apple wedges & hummus!



FILTERED WATER

Staying hydrated is the best thing you can do to improve brain function, decrease muscle aches, fight fatigue and curb junk food cravings.

Consider having a filter installed on your break room sink faucet, or a bulk water delivery service to eliminate the waste of plastic bottled water.



SEEING GREEN

Did you know that in addition to adding life to your office, plants have also been shown to elevate mood and neutralize mindset?

Adding live plants to common areas and in your employees' workspaces is a great way to increase aesthetic and wellbeing!



WHITE NOISE

If your office configuration includes open spaces, consider using white noise machines to drown out the unwanted noise and conversations of others.

Hearing others' conversations while trying to focus on your work can be frustrating and compound the stress of the task at hand.

Strategically placing white noise devices in your office can create a sense of zen amidst the chaos.

KAVA AND HERBAL TEAS

While coffee is definitely a staple of most office kitchens, having caffeine-free options is a beneficial step!

If you're looking to decrease stress and anxiety in your workplace, try stocking your break room with herbal teas (lavender and chamomile are known for their calming effects) as well as Kava, (which is known to ease anxiety).

These natural options are great for the afternoon slump, when stress can be high after the morning rush. You can also rest easy at night, having skipped the afternoon caffeine bump.

MINDFULNESS AND MEDITATION BREAKS

Creativity and problem-solving take a lot of energy!

Taking a mindfulness break can do wonders to recharge your mind and body during your workday. Take a short walk, go sit in a quiet room or even practice a short meditation at your desk.

Meditating is easy, and can be as simple as closing your eyes and taking deep breaths. Simply inhale while counting to five, hold your breath for a moment, then exhale while counting to five. Repeat this process three times, then sit with your eyes closed and notice how you feel.

MASSAGE & YOGA

Providing self-care services during the workday is guaranteed to produce immediate, visible results in your employees.

Whether it's unwinding with a 15-minute massage, or moving the frustration energies out of the body with a Vinyasa class, your employees will walk away happier!

Refreshed and reset, they will be more productive, more appreciative of their work environment, and better able to relate to others. To learn more about how these services can benefit your workplace, visit mantracorporatewellness.com.

PRACTICE GRATITUDE

Our mindset determines our reality. Our attitude directly affects whether we have a positive day or a challenging one.

Take one day each week and practice gratitude in your office. Use a common area white board and ask each employee to write something for which they are grateful. This works especially well on Wednesdays when mid-week frustrations start to take over.

Returning to a place of gratitude will help refocus your team on what's really important while providing an energetic shift to the positive.

